ہیلتھ لیکچرز

2/2

فکرِ سلطان

سیریز دوم: غذا اور صحت

ڈاکٹر سلطان محمود

کتاب کا سٹیٹس

نمبر شمار	عنوان	کمنٹس
1	کور پیجیز	
2	فہرست مضامین	
3	مضامین کی درجہ بندی	
4	مواد کی درستگی	
5	گرامر اور زبان	
6	گمشدہ مواد	
7	غلطیوں کی اصلاح	
8	سرخیاں (مستقل سطح اور ترتیب)	
9	خطوط (فونٹس۔ مستقل مزاجی اور درست استعمال)	
10	حروف کا سائز (عنوانات، سرخیاں، متن)	
15	رنگ (متن اور ڈیزائن عناصر)	
16	صفحہ نمبرنگ	
17	حاشیے (مستقل اور ترتیب کے مطابق)	
18	سرخی اور پانوشت (ہیڈر اور فوٹر)	
19	ساخت اور ترتیب	
20	حوالہ جات	

ہیلتھ لیکچرز 2

(مصنف: ڈاکٹر سلطان محمود)

Health Lectures 2

BY: DR. SULTAN MAHMOOD

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ایکوکیئر کنسلٹنسی سروسز (ای سی ای ایس) پرائیویٹ لمیٹڈ

Managing Director
ECOCARE CONSULTANCY SERVICES (ECCS) PVT. LTD.
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فکرِ سلطان

(مصنف: ڈاکٹر سلطان محمود)

FIKAR-E-SULTAN

BY: DR. SULTAN MAHMOOD

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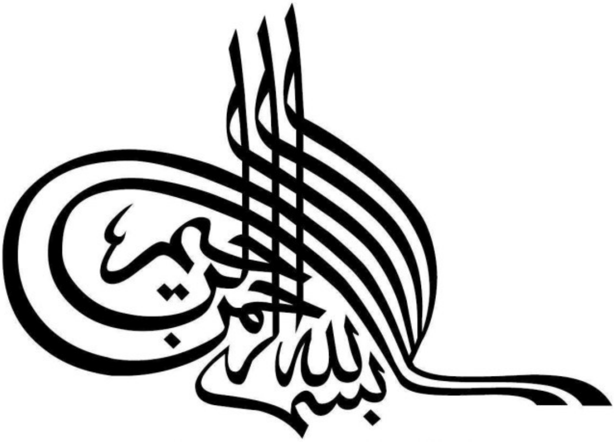

In the name of Allah,
the Most Beneficent,
the Most Merciful

انتساب

Dedicated to the one I love in the Quest of truth.

میری فکر اس کے نام جس سے میں سچ کی تلاش میں آج بھی پیار کرتا ہوں۔

فکرِ سلطان: جملہ حقوق

جملہ حقوق بحق ناشر محفوظ ہیں

سیریز	فکرِ سلطان (10 سیریز)
مصنف	ڈاکٹر سلطان محمود
ناشر	ایکوکیئر کنسلٹنسی سروسز (ای سی ایس) پرائیویٹ لمیٹیڈ
پبلیشر	مارول سسٹم
نظرِ ثانی	انعم عروج
اشاعت	2024

فکرِ سلطان : فہرست سیریز

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تعارف: فکرِ سلطان سیریز

ڈاکٹر سلطان محمود نے اپنی نصف صدی کی کاوش کو سائنسی انداز میں تحریکی کارکن بن کر چلایا نیز غذائی تحفظ ایک کی عالمی خود مختار تحریک کو مقامی رہنما کے طور پر پاکستان میں ایک غیر معمولی موڑ دیا ہے جس کے نتیجے میں ان کے افکار اور عملی جدوجہد نے 'فکر سلطان' جیسی ایک طاقتور دستاویزی سیریز جنم دی ہے۔ اس میں وہ اپنی آدھی صدی کی شبانہ روز کی ہمہ جہت کوشش کو شاندار کہانی کے طور پر بیان کرتے ہوئے اہم معلومات سے بھری وہ تاریخ بھی بیان کر رہے ہیں جو ملک عزیز کے غیر مستحکم حالات کے باوجود مقامی اور نچلی سطح کے مسائل کو قومی اور عالمی سطح پر کچھ اس انداز سے اٹھالے جاتے ہیں کہ جہاں وہ حیاتیاتی تنوع یا بائیوڈائیورسٹی کی ہئیت تبدیل کئے بغیر کارپوریٹ تسلط کے ساتھ جنگ کرتے نظر آتے ہیں۔ یہاں یہ بھی واضح ہو جاتا ہے کہ ڈویلپمنٹ مافیا کے خلاف کس طرح نچلی سطح کی لڑائی کو اٹھا کر قومی اور عالمی سطح پر لے جایا جاتا ہے۔ ان کی یہ سوچ بھی قابل داد ہے کہ دنیا بھر میں مقامی سطح کی کمیونٹی ہمیشہ مقدس اور خود مختار ہونی چاہیئے تاکہ وہ اپنے علم اور حقوق کو حاصل کر کے مستقبل کی دنیا کی حقیقی کہانی کا نقشہ ترتیب دے سکے۔ ڈاکٹر صاحب کا یہ سفر مندرجہ ذیل دس سیریز پر مشتمل ہے۔

سیریز اول: ہڈ بیتی

ایک شاندار اور سمجھدار دماغ، شفاف کردار، شاعرانہ روح اور نچلی سطح کی تنظیموں میں مہارت حاصل کرنے کی صلاحیت رکھنے والے ڈاکٹر سلطان محمود نے ملکی ترقی کے مسائل اور تحریکوں کے سب سے زیادہ موثر اور محبوب لیڈروں کے جھرمٹ میں اپنا مقام حاصل کیا ہے۔ ان کو ملے غیر معمولی قدرتی تحائف میں ایشیا، یورپ، امریکہ، تین براعظموں کی سات جامعات سے حاصل شدہ اعلی ترین تعلیم و تربیت کی بنیاد پر انسان کی غذائی ضروریات اور قدرتی ماحول کے درمیان گہرے تعلق کا ادراک ہے۔ غذائے انسانی میں استعمال ہونے مویشیوں، ماحولیات اور انسانی صحت کے بارے میں وہ آزادانہ گہری تفہیم بھی شامل ہے جو ملکی رویوں کی زبوں حالی کے باعث ہمیشہ زوال پذیر رہی ہے۔ وہ جانتا ہے کہ مطلق العنان سیاسی اور پدرسری نظام سے کس طرح کی حکمت سے جنگ لڑ کر جیتی جاتی ہے اور کیسے انسانیت اور تخلیق دونوں کو یکجا کیا جا سکتا ہے۔ نیز اپنے مخصوص مقاصد کے حصول کے لیے ایک عام سے متوسط گھرانے سے اُٹھ کر 17 سے زائید ممالک میں اپنی صلاحیتوں کا کیسے لوہا منوایا۔ یہ قاری کو ان کی زندگی کے سفر کو پڑھ کر ہی اندازہ ہو گا کہ محدود مالی وسائل سے کوئی بھی لمحہ فروغ گذاشت نہ کرتے ہوئے کیسے، "تبدیلی کا ڈھانچہ بنایا جا سکتا ہے"۔

سیریز دوم: غذا اور صحت

غذائی علاج جیسی اپنی پچھلی مشہور کتابوں کی طرح، مصنف ماحولیاتی حکمت، پرجوش سرگرمی اور بے عیب پیشہ ورانہ سوچ کے ساتھ پھر سے چمک رہا ہے۔ اس سیریز میں مصنف کی نگارشات اس بات کا ثبوت دیتے دکھائی دیتی ہیں جو انسانی خوراک و غذا پر موسمیاتی تبدیلی کے برے اثرات کو کم کرنے کے لیے مقامی اور بین الاقوامی کارپوریٹ سطح کی کوششوں کے لیے کیے جانے ضروری ہیں۔ یہ اس بات کا بھی ثبوت ہے کہ مصنف نے کس طرح حیاتیاتی تنوع کے تحفظ اور کسان برادریوں کے حقوق کے لیے اپنی کوششوں کو حوصلے کے ساتھ جاری رکھا۔ مصنف نے 1997 میں غذا و صحت کے میدان میں چھلانگ لگائی اور پھر اسے اس وقت تک اوڑھنا بچھونا بنائے رکھا جب تک کہ ورلڈ بنک کے راشد القیوم مرحوم کے مشورے کے پیش نظر ڈاکٹریٹ کے بارہ برس بعد پنجاب یونیورسٹی سے ماحولیات کی ڈگری نہیں لے لی۔ اور پھر انسانی غذا کی پیداوار پر ماحول کے اثرات کا تفصیل سے جائزہ لینا نہیں شروع کر دیا۔

سیریز سوم: حیوانات برائے انسانی غذا

غذائی تحفظ کی تخفیفی سائنس تقاضہ کرتی ہے کہ پیچیدہ سائنسی و معاشی معاملات کو ان کی سادہ ترین اشکال میں ڈھال کر انسانی مسائل کو آسان تر بنایا جا سکے۔ تخفیفی سائنس کے تنقیدی اظہاریے جیسا شدید پس منظر رکھنے والا ڈاکٹر سلطان محمود نچلی سطح کی متعدد انجمنوں اور تحریکوں کا ایک سنسنی خیز

موجد، شریک موجد اور کٹڑ حمایتی بھی رہا ہے۔ نیز افزائشِ حیوانات، جنگلات، پانی اور کسان تنظیموں کے تحفظ کی ان تمام ضروری تحریکوں کا روح رواں بھی ہے جو زندہ زرعی معاشرے کا تانا بانا ہیں۔ اور یقین رکھتا ہے کہ اس تانے بانے سے انسانی دنیا کا اہم ترین مسئلہ یعنی بھوک سے نجات والا کپڑا بنا جا سکتا ہے۔ اس مقصد کو حصول میں اس کی جس مضمون نے سب سے زیادہ رہنمائی کی وہ ان کے گریجوایشن کے مضامین تھے۔ جنہوں نے انسانی غذا میں شامل چالیس فی صد جزو جو حیوانات سے حاصل ہوتا ہے، اس کا ادراک گہرا کیا۔ گوشت، دودھ اور انڈے کی پیداوار اور پھر متناسب پیداوار انسان کو بھوک کے المیے سے دوچار نہیں ہونے دیتی۔

سیریز چہارم: ماحول و موسمی تبدیلی

ڈاکٹر سلطان محمود کی زندگی کی کہانی ماحولیات، سماجی سیٹ اپ اور گورننگ سنٹی کو بچانے کی جدوجہد کی وہ زندہ مثال ہے جس میں نصابی اور زمینی حقائق دونوں کام آئے۔ وہ اپنے سیارے کے ماحولیاتی نظام کے کام اور ضرر رساں کارٹیل اور اس کے حامیوں کے تباہ کن اثرات کو گہرائی سے سمجھتا ہے۔ اس کتاب کو پڑھنا ان گہرے مسائل کے اسباب کے بارے میں قاری کے ذہن کو کھولے گا جس میں چند لوگ اپنے برے اعمال کی وجہ سے اکثریت کو دھکیل رہے ہیں نیز اس کے مطالعے سے قاری کو حکومت کے طاقتور تکبر سے نکل کر کسان کی طرف پلٹنے کی امید اور حوصلہ ملے گا۔ یہ خوبصورتی سے لکھی گئی یادداشت ایک زبردست داستان ہے جو زمین، زندگی اور ہمارے قیمتی سیارے کی سالمیت کی خواہش رکھنے والے ہر فرد کو پتا ہونی چاہیے۔ مغربی کارپوریٹ سیکٹر کے ESG کی جانب کاروباری جھکاؤ سے مصنف نے جو کچھ امریکہ، یورپ اور خلیجی ممالک سے سمجھا، وہ

اس نے اپنے ایکو کیئر بزنس اور سوشل میڈیا آگاہی والے گروپس اور چینل کے ذریعے آنے والی نسل کو پوری طرح سے آگاہ کر دیا ہے۔ اس سیریز کا 30 کُتب کی شکل میں مخطوطہ بڑی تفصیل سے واضع کرتا ہے کہ جونہی ملک کو کارپوریٹ کلچر کے ذریعے ترقی کی جانب غیر متوازن انداز میں دھکیلا جاتا ہے تو وہ کس طرح ہمارے مجموعی سماجی ڈھانچے کو متاثر کرتا ہے۔ اس سے ملک میں ایک غیر متوازن ماحولیات اور سماجی جنگ چھڑ جاتی ہے۔ جو بالآخر وسائل کی نامنصفانہ تقسیم پر منتنج ہوتی ہے۔ ڈاکٹر صاحب نے اپنے تیئں تمام ماحولیاتی پراجیکٹس میں قابل کاشت زمین، انسانی روزگار اور گرم ہوتے ہوئے کرہءزمین کے باعث گلیشئیر پگھل کر طوفانی انداز اختیار کرنے جیسے مضامین کو کافی گہرائی سے دیکھا ہے۔ نیز اس سیکٹر میں پوراجذب ہونے کے لیے اپنی سرکاری نوکری سے قبل از وقت ریٹائرمنٹ لے کر نیسپاک جیسی قومی و عالمی ایجنسیوں کے ماحولیاتی پروگرام کا جارحانہ حصہ بن کر انسانی غذا کی تخفیفی سائنس سے بھرپور کام لیا ہے اور چار سو سے زائید ماحولیات پراجیکٹس کو کامیابی سے ہمکنار کر کے ملک کے عوام اور حکومت کے کام کو نہائیت آسان بنادیا ہے۔

سیریز پنجم: غذائی تحفظ

ڈاکٹر سلطان محمود کی ذاتی کاوشوں کا سارا نچوڑ صرف "غذائی تحفظ" کے ارد گرد ہی گھومتا ہے۔ جسے اصولی طور پر اولین سیریز میں جگہ ملنی چاہیے تھی، لیکن تخفیفی سائنس کا خوگر ہونے کے باعث انہوں نے مناسب جانا کہ پہلے ان اوامر کا ذکر کیا جائے جو غذائی تحفظ یا عدم تحفظ کا باعث بنتے ہیں۔ تبھی انہیں نے اپنے فکری سفر کا آغاز اپنے پسندیدہ مضمون (سیریز دوم غذا و صحت) سے شروع کرنا

مناسب جانااور انسانی صحت پر غذا کی ضروریات اور اثرات کا شروع میں جائزہ پیش کر دیا۔ یعنی باالفاظ دیگر اپنی فکر کی بنیاد انسانی جِبلّت بھوک پر رکھی۔ پھر مناسب انسانی صحت بر قرار رکھنے کے لیے مناسب غذا کی پیداوار، سپلائی چین، قوتِ خرید اور جسمانی ضروریات پر رکھی۔ دھیرے دھیرے اس تخیل کو راسخ کر لینے کے بعد وہ اپنے بنیادی مضمون یعنی ان حیوانات کی جانب پلٹے جو انسانی خوراک میں دودھ، گوشت اور انڈے کی شکل میں روزانہ کی ضرورت کا چالیس فی صد پر مشتمل ہے۔ اس منطقی تعلق سے ان کی فکری گہرائی کا اندازہ لگانا چنداں مشکل نہیں کہ اگر بہترین اور مناسب ماحولیاتی انتظامات کر کے پانی کے ذرائع پر بحث مکمل کر لی جائے تو یہ غذائی تحفظ کی ایک ایسی گارنٹی ہے جو افزائشِ حیوانات کے ذریعے انسانی صحت کی ضامن ہے۔ یہاں یہ بھی واضع ہو جاتا ہے کہ شدید سیلاب ہر سال جو حیوانات کی تباہی لاتے ہیں ان پر موئثر قابو پا کر انسان کم سے کم چالیس فی صد غذائی ضروریات کو تو یقینی بنایا جا سکتا ہے۔ ان کی یہ منطقی سوچ یورپ اور امریکن جامعات کی فلاحی سائنسیز پر کام کر کے پیدا ہوئی۔ گو کہ ڈاکٹر سلطان محمود کے تیکنیکی کام میں سب سے کم کتب اسی غذائی تحفظ سیریز کا حصہ بنیں لیکن حقیقت بھی یہی ہے کہ عظیم تحقیقات اور کاوشوں کا خلاصہ ہمیشہ مختصر ہوتا ہے۔

سیریز ششم: دیہی ترقی

ویسے تو حیوانات کی افزائش ایک دیہی موضوع ہے جہاں ہمارا 70 فی صد کسان اپنا خون جلا کر صبح شام انسانی غذائیں پیدا کرتا ہے۔ لیکن ہمارے ہاں کے غیر متوازن دیہی ترقی کے میدان کی بجائے ہمیشہ شہری ترقی و سہولیات کو اولیت حاصل رہتی ہے۔ جس نے ایک جانب اگر غذائی عدم تحفظ کا

خطرہ مول لے لیا ہے تو دوسری جانب شہر کی طرف نقل مقانی کی عفریت کو بھی جنم دیا ہے۔ ایسے غیر دانشمندانہ حکومتی اقدامات کا نتیجہ ایک ایسی بے ہنگم معاشرتی زندگی کی شکل میں رونما ہوا ہے کہ جس میں حکومت گاؤں چھوڑ کر شہر میں بسنے والوں کے مسائل کو شہری ترقی کی ناکامی کی شکل میں سہہ رہی ہے اور نہ وہ ان کو خدا ہی مل پا رہا ہے اور نہ وصالِ صنم ہو رہا ہے۔ دنیا کے ترقی یافتہ ممالک کو تو خیر چھوڑیں اگر کل کے غریب چین اور بھارت ہی کی مثال لے لیں تو ان کے ہاں غذائی تحفظ شہر و دیہاتی زندگی میں توازن لانے سے ممکن ہوا ہے۔ اور محض بیس برس میں ان دو ممالک کے دو ارب لوگ دن میں ایک کھانے سے دو کھانوں کے قابل ہو گئے ہیں۔ ان دونوں ممالک نے اپنے آبی ذخائر پر ہزاروں ڈیم بنا دیئے ہیں جن سے وہ نہ صرف غذائی تحفظ یقینی بنا رہے ہیں بلکہ اپنی توانائی کی ضروریات بھی پوری کر رہے ہیں۔ حالانکہ عالمی موسمی تبدیلیاں ان پر بھی ویسے ہی اثر انداز ہو رہی ہیں جیسے باقی کرہء ارض پر رونما ہوتی ہیں۔

سیریز ہفتم: سماجی رویئے

ڈاکٹر سلطان محمود اپنے عالمی ایکسپوژر کے باعث خلیجی ممالک میں رواج پا جانے والے حالیہ شعبہ جات میں ماحولیات سے متصلہ کارپوریٹ سیکٹر کی نئی جہت ای ایس جی سے کافی متاثر ہوئے لہذا انہوں نے ملک عزیز کی اس شعبہ میں لاعلمی کو نشانہ بنانے کا فیصلہ کرتے ہوئے اپنی کل نگارشات میں سے سوشل اور گورننس کے شعبہ جات کو ماحولیات کی کتب کے علاوہ خود مختار کتابی درجہ دے دیا اور اس کے لئے انہوں نے سیاست، مذہب، تعلیم، آبادی، تکنیکی تربیت، شہری و دیہی ترقی وغیرہ جیسے اہم موضوعات پر جو کچھ تجربات حاصل کئے تھے اسے اکٹھا کر کے اس سیریز کا حصہ بنا

دیا ہے۔ سابقہ اعتبار سے وہ اپنی نگارشات کو حاصل مطالعہ بھی کہتے ہیں، اس مطالعے کا حاصل جو انہوں نے مغرب سے حاصل کیا اور سنجیدہ عملی و علمی سفر کو اپنے وطن میں بھی لاگو کر سکتے ہیں۔ گو کہ وہ اس بات پر بھی یقین رکھتے ہیں کہ "کامن سینس" اتنی بھی کامن نہیں ہوتی" لیکن امیدٌ واثق رکھتے ہیں کہ جونہی عوام خصوصاً کسان میں تعلمی کمی دور ہو گی، سماج میں لازمی بہتری آئے گی۔

سیریز ہشتم: طنز و مزاح

اس جہت پر ڈاکٹر صاحب ایک اتھارٹی ہیں اور خود اپنے اوپر تنقید کرتے ہوئے ایک جگہ لکھتے ہیں کہ میں نے اگر طنز و مزاح کے گڑھ لائلپور یا فیصل آباد میں چوتھائی صدی نہ گزاری ہوتی تو میرے اندر کا اصلاحی جذبہ طنز اور شگفتگی کی شکل میں باہر نہ آتا۔ اس لحاظ سے دیکھیں تو اس سیریز میں نہ صرف سب سے زیادہ کتب ہیں جو ایک منفرد انداز میں مقامی و عالمی سیاست، مذاہب، نیز دیگر سماجی موضوعات پر طنزیہ و فکاہیہ انداز میں تخلیق شدہ تاریخ کا شاندار اور متاثر کن عالمی منظر نامہ پیش کرتی ہیں جسے ڈاکٹر صاحب نے اپنی طنزیہ و فکاہیہ ندرت اظہار کے باعث اسے میٹھا سچ سیریز کا نام دے دیا ہے۔ اس سے بھی بڑھ کر یہ بھی ثابت ہو جاتا ہے کہ مصنف مقامی طور پر قلیل مدتی طاقتوں کی سماجی خرابیوں کے ساتھ ساتھ عالمی سیاست کی خود غرضی کا بھی سامنا کرنے کا حوصلہ رکھتا ہے۔ یہ سیریز ایک شان اور روشنی کے ساتھ بیشمار سیاسی، سماجی اور منطقی حل بھی فکاہیہ انداز ہی میں پیش کرتی ہے۔ مصنف نے ملک کے نمایاں مزاح نگار کرنل محمد خان اور ظفر اقبال کی طرز سے متاثر ہو کر مزاح لکھنے کا آغاز گو کہ کالج لائف سے شروع کر دیا تھا مگر اس انداز کو مہمیز تب ملی

جب وہ نیویارک میں ممتاز صحافی محسن ظہیر کی ادارت میں شائع ہونے والے ہفت روزہ "صدائے پاکستان" سے بحیثیت سب ایڈیٹر منسلک ہوئے۔ نیز انہوں نے لاہور کے چند اخبارات میں اپنے فکاہیہ کالم میٹھا سچ کے نام سے ہی لکھنے شروع کر دیے۔ بقول ڈاکٹر صاحب جگت بازی اور فکاہیہ اندازِ بیان میراثی کو حکومت سے جدا کرتا ہے۔ اور طنزیہ ادب کو سنجیدہ کرتا ہے۔

سیریز نہم: شعر و شاعری

ڈاکٹر سلطان محمود کا بچپن ہی سے شاعرانہ مزاج ہے جسے اظہار کا موقعہ کالج لائف میں کسی ناکام محبت کے جھٹکے سے ملا۔ وہ اپنی جبلت کی افتاد طبع سے خود ہی نالاں بھی تھے جس کی ایک وجہ یہ تھی کہ انہوں نے نہ صرف کبھی کل وقتی شاعر بننا گوارا نہیں کیا بلکہ شاعر کہلوانے سے بھی صاف انکار کرتے ہوئے یہ دلیل اختیار کی کہ میں نے کاغذی شیر بننا کبھی بھی پسند نہیں کیا اور دوسری رکاوٹ ان کی سائنس میں اعلی تعلیم بن گئی جو پاکستان کے علاوہ یورپ اور امریکہ سے حاصل شدہ تھی جہاں شاعروں کو کارآمد اور قابل استعمال وقت کا دشمن سمجھ کر تنقیدی چھلنیوں سے گزارا جاتا تھا۔ اس کے باوجود تین چار برس میں عروض سمجھے بغیر سینکڑوں غزلیات کہہ دیناشاید ساحر لدھیانوی کی کتاب "تلخیاں" بنی جو عین ناکام عشق کے دوران ان کے ہاتھ لگ گئی تھی۔ ڈاکٹر صاحب چونکہ اپنی ہر نگارش کو بچوں کا سا پیار دیتے ہیں اس لئے انہیں بعض دوستوں نے کلام شائع کرنے پر قائل کر لیا جن میں عروض کی استاد محترمہ کنیز بتول کھوکھر کا بڑا ہاتھ ہے جنہوں نے ڈاکٹر صاحب کی لگ بھگ ایک کتاب کے مواد کو عروض پر بھی ڈھال دیا اور جہلم کے ایک استاد شاعر کاشف بٹ نے

بھی ناقابل تردید مدد کی۔ڈاکٹر سلطان محمود جب اپنی فکر کو تحریری شکل دینے لگے تو انہیں معاصرین نے بے حد مشکل سے راضی کیا کہ وہ اپنے چالیس برس پرانے کلام کو بھی اپنی تحریر میں شامل کریں۔ یہ شاید ڈاکٹر صاحب کی غلطی یا صرف نظر ہی سمجھا جائے گا کہ وہ بہترین کلام غیر ممالک میں تو اردو کمیونیٹی کو تو سناتے رہے لیکن ملک عزیز کے اندرونی حلقوں میں قدم تک نہ رکھا۔ البتہ وہ ہمیشہ اپنے برادر بزرگ ڈاکٹر حسن اختر مرحوم، استاد پروفیسر عظمت اللہ خان مرحوم اور دیگر ادبی مقربین کا ذکر بہت شوق اور محبت سے کرتے ہیں۔

سیریز دہم: تصویری مسافت

بھلا ہو ورلڈ بنک کا جس نے ڈاکٹر سلطان محمود کو تصویری بنک بنانے کی عادت ڈال دی۔ حالانکہ انہوں نے محض دس برس کی عمر میں جیب خرچ بچا کر کوڈک کا دس روپے کا کیمرہ 1967 میں ہی خرید لیا تھا اور اپنے بھائی ہمایوں شوکت کے واحد جس تحفے کی وہ قدر کرتے تھے وہ اس کا امریکہ سے لایا ہوا کیمرہ یاشیکا 124 تھا۔ ایسے ہی ان کے استعمال میں وارساپولینڈ میں روسی کیمرے "زینتھ"، جرمن "پیٹنس" اور جاپانی "نیکن" کیمرے بھی رہے لیکن پھر ڈیجٹل کیمروں اور موبائل کیمروں نے تو انہیں نہال ہی کر دیا۔ ان کے پاس بزرگوں کے علاوہ مشاہیر زمانہ کی بیشمار تصاویر بھی موجود ہیں جو ہر وقت ان کے لیپ ٹاپ اور سیل فونز کی سپیس کھاتی نظر آتی ہیں۔ اس مشکل کے ہاتھوں انہوں نے مجبور ہو کر اور میاں وقارالاسلام کی صلاح لے کر فیصلہ کیا ہے کہ اپنی زندگی کی کہانی کی تصویری دسویں سیریز کیس شکل میں بنائیں گے۔

Health Lectures 2

Sr.	Lecture Name	Date	Organization	Page #
24	06 Food Adulteration & Our Rights - I	05 Sep 11	Faiz Ghar	
25	06 Skin Problems and Diet	01 Feb 10	Qarshi Industries	
26	07 FDRC Bulletin	Dec 07	FDRC	
27	07 Food Adulteration & Our Rights - II	19 Sep 11	Faiz Ghar	
28	07 Lecture on Renal Health at Qarshi	12 Sep 11	Qarshi Industries	
29	08 Dietary Approach to Renal Health	21 Nov 11	Faiz Ghar	
30	08 FDRC Bulletin	Feb 08	FDRC	
31	09 Dietary Approach to Prevent Heart Diseases	02 Jan 12	Faiz Ghar	
32	09 FDRC Bulletin	May 08	FDRC	
33	10 FDRC Bulletin	Jun 08	FDRC	
34	10 Food & Psychology	16 Jan 12	Faiz Ghar	
35	11 Anti-Cancer Foods	30 Jan 12	Faiz Ghar	
36	11 FDRC Bulletin	Aug 08	FDRC	
37	12 Food Security	20 Feb 12	Faiz Ghar	
38	13 Herbs	05 Mar 12	Faiz Ghar	
39	14 Top Medicinal Herbs	19 March 12	Faiz Ghar	
40	15 Next 10 Top Medicinal Herbs	02 April 12	Faiz Ghar	

41	16 Next 5 Top Medicinal Herbs	02 April 12	Faiz Ghar	
42	17 Heart Protecting Natural Totka	16 Apr 12	Faiz Ghar	
43	18 Aloe Vera	30 Apr 12	Faiz Ghar	
44	19 Food Drug Interaction1	07 May 12	Faiz Ghar	
45	20 Food Drug Interaction2	21 May 12	Faiz Ghar	
46	25 Obesity & Dietary Therapy	02 Sep 12	Faiz Ghar	
47	26 Milk Adulteration	01 Oct 12	Faiz Ghar	
48	27 Diabetes Management	22 Oct 12	Faiz Ghar	
49	28 Myth of Desi & Valayti Poultry	05 Nov12	Faiz Ghar	
50	29 Detoxifying Foods	19 Nov 12	Faiz Ghar	
51	30 Neurological Disorders	03 Dec 12	Faiz Ghar	
52	31 Lecture on Intl Egg Day	08 Oct 21	Riphah University	
53	32 Natural Food & Health Lifestyle - Daachi -	06 Aug 22	Daachi Foundation	
54	33 ہڈی ٹوٹنے اور جوڑوں کے مسائل میں مناسب غذا	O5 Nov 2019	Qarshi Industries	

Food Adulteration & Our Rights - I

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Faiz Ghar, 6th Lecture, 5th September 2011

Definition of Adulterated Food

A world over trusted organization FDA Act (1938) provides that food is "adulterated" if it bears or contains any one of the following criteria:

(1) "Poisonous or deleterious substance" which may render it injurious to health;

(2) Any *added* poisonous or *added* deleterious substance (other than a pesticide residue, food additive, color additive, or new animal drug, which are covered by separate provisions) that is unsafe;

(3) In whole or in part, of any poisonous or deleterious substance which may render the contents injurious to health; or

(4) A pesticide chemical residue that is unsafe. (Note: EPA establishes tolerances for pesticide residues in foods, which are enforced by the FDA.)

Types & Sources of Adulteration

S#	Type	Objective
1	Physical	Increasing weight
2	Chemical	Prolonging shelf life
3	Microbiological	Due to carelessness
4	Hygienic	Reducing cost
5	Packaging	Reducing cost
6	Economic	Earning extra profit

Definition of Adulterated Food

Food also meets the definition of adulteration if it bears or contains:

(5) An unsafe food additive;

(6) An unsafe new animal drug;

(7) An unsafe color additive;

(8) In whole or in part, of "any filthy, putrid, or decomposed substance" or is otherwise unfit for food; or

(9) It has been prepared, packed, or held under unsanitary conditions (insect, rodent, or bird infestation) whereby it may have become contaminated with filth or rendered injurious to health.

Definition of Adulterated Food

Further, food is considered adulterated if:

(10) It has been irradiated and the irradiation processing was not done in conformity with a regulation permitting irradiation

(11) It contains a dietary ingredient that presents a significant or unreasonable risk of illness or injury under the conditions of use (for example, foods or dietary supplements containing aristolochic acids, which have been linked to kidney failure);

(12) A valuable constituent has been omitted in whole or in part or replaced with another substance; damage or inferiority has been concealed in any manner; or a substance has been added to increase the product's bulk or weight, reduce its quality or strength, or make it appear of greater value than it is (this is "economic adulteration"); or

The Federal Meat Inspection Act and the Poultry Products Inspection Act contain similar provisions for meat and poultry products.

Injurious Adulterants in Foods

S#	Foods	Adulterants	Effects
1	Cereals	Straw, husk, mud, stones, grit, marble chips, sand, inferior quality grains, infected or insect infested grains	Damage digestive tract
2	Pulses	Straw, inferior quality grains, infected grains, yellow dye, sand, filth	Damage digestive tract
3	Wheat flour & screenings	Grit, infested stock, excess of bran	Damage digestive tract
4	Milk	Starch, water , milk of other animals, extraction of fats, synthetic milk, detergent, fertilizer, hydrogen peroxide, etc.	Loss of natural conformity
5	Edible oils	Mineral oil (white oil, petroleum fractions), rancid oil, artificial colors	Loss of Vit. A & E and Cancer
6	Honey	Sugar syrup, purified molasses	Onset of diabetes
7	Turmeric & mixed spices	Starch colored with lead chromate or yellow dye	Anemia, abortion, paralysis, brain damage
8	Coriander	Powdered cow/horse dung, saw dust, starch	Damage digestive tract
9	Black pepper	Dried papaya seeds	Loss of taste
10	Chilies	Saw dust, color, dust	Loss of taste

Injurious Adulterants in Foods

S#	Foods	Adulterants	Effects
11	Tea	Foreign leaves or exhausted tea leaves, saw dust, husk, artificially colored	Cancer
12	Fruits, viz. apples	Sprayed with lead arsenate	Dizziness, chills, cramps, paralysis, death
13	Rat contacts	Rat poison barium carbonate	Violent peristalisis, arterial hypertension, muscular twitching, convulsions, cardiac disturbances
14	Fruit juices & soft drinks	Contact with cadmium plated vessels / equipment / water / shell-fish	Increased salivation, acute gastritis, liver and kidney damage, prostrate cancer
15	Water, liquors	(a) Cobalt	Cardiac insufficiency / heart failure
		(b) Lead	Lead poisoning (insomnia, anemia, constipation, mental retardation, brain damage)
16	Seed grains & fish	Mercury fungicide treatment	Brain damage, paralysis, death
17	Chinese food, meat	MSG (by	Brain damage, mental retardation in infants
		Non-permitted color or permitted	Mental retardation, cancer and other

Summary

- Selection of wholesome and non-adulterated food is essential for daily life to make sure that such foods do not cause any health hazard.
- Although it is not possible to ensure wholesome food only on visual examination because toxic contaminants are present in ppm/ppb level. However, it ensures absence of insects, visual fungus, foreign matters, etc before purchase.
- Label declaration on packed food is very important for knowing the ingredients and nutritional value. It also helps in checking the freshness of the food and the period of best before use.
- The consumer should avoid taking food from an unhygienic place and food being prepared under unhygienic conditions.
- Consumption of cut fruits being sold in unhygienic conditions should be avoided.

End of Part I
Comments & Questions???

Skin Problems and Diet

Dr. Sultan Mahmood, PhD
Chief Nutritionist
First Dietcare & Research Center (FDRC)
Lahore – 0321.430.2528
- On 01-Feb-2010 at Qarshi Office -

1. Skin Accepts Environmental Influences

- Unavoidable Influences
  - Sunlight (ultraviolet rays)
  - Weather (moist, dry, hot, cold)
  - Vehicle emissions (smoke)

Cont….. Skin Accepts Environmental Influences

- Avoidable Influences
  - Chemicals (local applications)
  - Allergies
  - Stress
  - Poor diet
  - Hormones
  - Aging

2. Skin Problems

- Major skin problems are:
  - Acne, pimples
  - Eczema
  - Psoriasis
  - Burns
  - Cuts

3a. Health Indications of Acne

Indication	Affected Part of Skin
Liver problems	Nose, forehead
Constipation, etc.	Chin, chest, back
Allergy	Along cheek bone
Bacterial infection, Cuts, Burns	Anywhere

3b. Health Indications of Eczema

Indication	Affected Part of Skin
Allergy by milk, egg, peanuts	Wrists, elbows, knees
Colon toxicity	- As above -

3c. Health Indications of Psoriasis

Indication	Affected Part of Skin
Bowl toxicity	Skin pileup anywhere, especially scalp, buttocks, knees, ankles
Protein indigestion	- As above -
Impaired Liver Function	- As above -

4. Food Requirements of Skin

- Omega-3 & 6 fatty acids
  - Fish
  - Flax
- Vitamins A, C & E
  - Fresh veggies, especially colored
  - Fresh fruits, especially citrus
  - Olives, eggs, butter

5. Diet Therapies

- Hydrotherapy
  - It is the most speedy way of cleaning the gut
  - Saves from constipation
- Take
  - 1 lit water drinking without thirst
  - 25 g fiber, including digestible & indigestible
  - 20% of daily calories should come from fats
  - 50 ml of Aloe Vera drink

*Cont…..*Diet Therapies

Avoid

- Sugar
- Soft drinks
- Yeast (found in bread, beer)
- Cheese (molds)
- Coffee
- Excessive spices
- Excessive fats & oils

6. Local Application

- Apply on all body skin
  - Simple water as moisturizing agent
  - Aloe Vera gel as sun-block, anti-inflammatory and anti-aging agent. It supports formation of new skin
  - Coconut oil
- Bathing with mineral salts
- Regular exercise promotes circulation

Trim Fast

Schazoo Zaka (Pvt) Ltd.
Schazoo House, 45-G.T. Road, Lahore-Pakistan.
U.A.N 111-666-600 Fax: (+92-42) 6841003
email:szl@schazoo.com URL: www.schazoo.com

2x7's ENCID 20 Capsules (Omeprazole 20 mg)
WILSON'S

Swazole (Omeprazole 20 mg) 14 Capsules
Manufactured by: Convell Laboratories
Saidu Sharif, Swat, Pakistan

Health Statistics Pakistan 06-07

Economic Survey 2006-07

Average Age	Years
Male	63
Female	63.5
Total health cost	50 billion
Total of GDP	0.57 %

Medical Staff	Total	Distribution Over Population
Physician	122,798	1,254
Dentist	7,388	20,843
Nurse	57,646	2,671
Birth attendant	24,692	6,236
LHV	8,405	18,321
Institutions		
Hospital	924	166,654
Dispensary	4,712	32,680
BHU	5,386	28,591
C&M care Center	906	169,965
TB Center	288	534,683
Total	12,216	12,605

Mortality	Percent
Child at birth	7 %
Child before age 5	10.1 %
Due to unsafe water	12 %
Due to infections	26 %
Due to non-infectious diseases	25 %
Due to poverty	25 %

Hazards	% Population
Unsafe drinking water	33 %
Water borne diseases *	40 %
Child mortality due to water borne diseases	0.25 million

Caffeine and our Heart

http://heart.health.ivillage.com

The relationship between caffeine and heart-related problems has received considerable amount of attention. Although results from research studies have been conflicting, there is some evidence to suggest that high amounts of caffeine can cause certain heart problems, such as abnormal heart rhythms (arrhythmias). Even though the results are inconclusive, physicians may advise heart patients to reduce or stop their use of caffeine. Generally, people are encouraged to stop their caffeine use gradually rather than suddenly, in order to avoid withdrawal symptoms (e.g., severe headache). Caffeine occurs naturally in many plants, such as coffee beans, cola nuts and tea leaves. It can be found in numerous foods and beverages, including coffee, tea, soft drinks and chocolate. It can also be an additive to many over-the-counter medicines (e.g. pain relievers, stimulants). Caffeine causes changes in the body's metabolism as it stimulates the central nervous system. It also acts as a diuretic and can affect the kidneys by increasing urination and causing possible dehydration. Caffeine can be addictive for many individuals. There have been numerous studies that support the evidence of caffeine dependence and "caffeine withdrawal" symptoms when it is removed from the diet. These symptoms primarily include headaches, fatigue and drowsiness. According to the American Heart Association (AHA), there is still inconclusive evidence about whether high caffeine intake increases the risk of coronary heart disease. The AHA proposes that moderate coffee drinking of one to two cups per day does not seem to be harmful. The American Medical Association also views caffeine as safe for consumption.

About caffeine

Caffeine ($C_8H_{10}N_4O_2$) is a chemical stimulant of the central nervous system (CNS). It belongs to a class of organic compounds called *alkaloids*, which also include morphine, codeine, LSD, cocaine and nicotine. Once consumed, caffeine quickly enters the bloodstream through the stomach and small intestine. It travels through the bloodstream and goes directly to the CNS. There, it stimulates certain chemicals in the brain that produce an energizing effect on the body. This effect can be felt approximately 15 to 45 minutes after consumption, and reaches a peak within 30 to 60 minutes. Caffeine neither accumulates in the bloodstream nor is stored in the body. The half-life of caffeine is roughly five to seven hours, meaning that it will take about that long for 50 milligrams of

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ایڈیٹر کے نام

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ماہنامہ ڈائٹ کیئر لاہور

دسمبر 2007ء FDRC/2007/12

کیا موٹاپا ہمارا مسئلہ ہے

Editor: Dr. Sultan Mahmood, PhD
Advisors: Prof. Mahmood Ali Malik, MD; Prof. Abdul Majeed Cheema, MD; Prof. Saghir Ahmad Jafri, MD

First Dietcare & Research Center FDRC You are what you eat

Monthly News Bulletin since 1997
Lahore
Dietcare
Sharing global information on Diet, Food & Nutrition
First ever publication in Pakistan

FDRC/2007/12 December 2007

Women's study finds vitamin E, aspirin not so helpful

After one of the longest clinical trials ever completed, researchers conclude that regular use of aspirin and vitamin E does little or nothing to stave off heart disease or cancer.

These findings come from the Women's Health Study (WHS), the largest ever to study the effects of aspirin and vitamin E on disease prevention in women. The 10-year investigation involving nearly 40,000 subjects was led by researchers at Boston's Brigham and Women's Hospital. Earlier results from the same study showed that low-dose aspirin does not protect most women from a first heart attack, although it modestly reduces their risk of stroke. Among women 65 and older, aspirin does reduce the risk of cardiovascular events, including heart attack and ischemic stroke. Vitamin E supplements have long been touted for the prevention of chronic disease on the basis of animal studies and observational data, but there has been no adequate test until this study.

The findings, published in the July 6, 2005, *Journal of the American Medical Association*, leave open the possibility that higher doses of aspirin may be helpful. The WHS also established that it's safe to take vitamin E supplements at the level of 600 IU every other day, countering another analysis that suggested harm at 150 IU or higher per day, and particularly in excess of 400 IU per day.

Some specifics

The Women's Health Study followed 39,876 healthy women ages 45 and older for an average of 10 years. Participants were randomly assigned to receive 100 milligrams of aspirin or a placebo every other day and 600 IU of vitamin E or a placebo on alternate days. Participants were monitored for cardiovascular events heart attack, stroke, or death from cardiovascular causes as well as overall cancer rates and cancer deaths. Aspirin had no effect on the incidence of cancer or cancer deaths in general. It offered no protection against breast cancer or cancer at any other site except, possibly, the lung (further study is needed to explore this possibility). In a subsidiary analysis, vitamin E reduced cardiovascular deaths by 24% in general and cardiovascular disease risk by 26% in women ages 65 and over, who constituted 10% of the study participants. The investigators note that these findings are inconsistent with data from other studies and thus require further research.

What does it mean for me?

The WHS was not designed to look at conditions other than cardiovascular disease and cancer, so as of mid-2005, it remains an open question whether vitamin E improves immune or cognitive function or reduces cataract risk. (Vitamin E in a special formulation with vitamin C, beta carotene, and zinc has been shown to reduce the risk of advanced age-related macular degeneration.) There's also the possibility that a different aspirin-taking regimen might prevent cancer, but higher or more frequent doses of aspirin could cause greater gastrointestinal bleeding a risk that may not be worth taking for a healthy woman. According to study investigators and *Harvard Women's Health Watch* advisory board members Drs. I-Min Lee and JoAnn Manson, a woman's best approach to preventing heart disease and cancer is the tried-and-true combination of exercise, eating a healthy diet, weight control, not smoking, and undergoing appropriate cardiovascular health and cancer screenings.

www.health.harvard.edu/women

Editorial

Paradox of Food Choice

Choice is supposed to set us free but in food and health matters choice seems anything but free. Patients who want to know how to feel better in their sickness particularly when they are asked not to eat freely, should eat less. Patients are tired of questioning their choices even after testing them. Afterwards they stop questioning and start overeating again. It results in making them feel guilty, and ultimately hypertensive, less energetic than they want to be, and powerless.

Infinite choice makes people miserable. Food choices are nothing but infinite, particularly when we can buy fresh mangos in summers, but ice cream and pizza anytime. We are lucky that find hundreds of food varieties, from cookies to tomatoes, in the chains of supermarkets and then start thinking of treating indigestion.

Maintaining appropriate weight must not be only the dream of Adnan Sammi Khan who wants to reclaim his lost aesthetic value in the industry, it should be everybody's choice. It works by choosing a few but right foods on the menu. Is it possible that too many foods undermine happiness, yes they do, because free choice for foods suppresses metabolism and derails chemical changes before we enter into new paradox of food choice. Advising to eat less is not an advice to eat lesser than required but it should be lesser than desired. More people die annually by overeating than famine. By overeating we undermine religion, snatch the right of others, add burden to our pocket, but above all, extra ingested food eats our beautiful body. Should it continue?

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How Is Food Digested?

Digestion involves the mixing of food, its movement through the digestive tract, and chemical breakdown of the large molecules of food into smaller molecules. Digestion begins in the mouth, when we chew and swallow, and is completed in the small intestine. The chemical process varies somewhat for different kinds of food.

caffeine to be metabolized (broken down) after 100 milligrams have been consumed. Once broken down, however, caffeine is quickly expelled from the body through urine, breast milk, saliva or semen.

Impact on heart health

Studies have suggested that high levels of caffeine consumption can increase the risk of certain cardiovascular conditions. One study found that drinking more than five cups of brewed coffee daily (more than 687 milligrams of caffeine per day) could increase a nonsmoker's risk of cardiac arrest. Other studies have shown that caffeine can:

- Cause abnormal heart rhythms (arrhythmias)
- Increase the heart rate
- Increase the rate of breathing
- Increase the force of the heartbeat
- Raise levels of stress hormones
- Raise blood pressure, temporarily
- Reduce exercise-induced blood flow to the heart

Other research suggests that drinking coffee is associated with higher cholesterol and homocysteine levels. This may be due to naturally occurring substances found in coffee grounds (e.g., kahweol, cafestol).

Gout Diet A Quiz

Rubin Mesa, Mayo Clinic, USA

A quiz has been set to assess the knowledge of the patients about their gout problem. It will serve as a self-explanatory guide to basic knowledge about gout as well. Following are a few selected questions with their answers at the end:

Q1: Gout is caused by excess uric acid in the body. Uric acid results from the breakdown of purines?

Q2: Purines are part of all human tissues and are found in many foods?

Q3: It is typically recommended that people with gout reduce their intake of purine-rich foods?

Q4: Purines are found in all protein foods therefore it is impossible to eliminate all purine from our diet?

Q5: Beer and other alcoholic beverages can raise the level of uric acid and provoke a gout attack?

Q6: Coffee and tea can raise the level of uric acid and provoke a gout attack?

Q7: Drinking at least 10-12 eight ounces glasses of water or non-alcoholic beverages every day is recommended to people trying to prevent future gout attack?

Q8: Which one from the muscles, fish and turkey are very high in purines?

Q9: Maintaining their ideal body weight is an important goal for people who have gout?

Q10: People with gout are usually advised to cut a diet high in complex carbos (whole grains, fruit, vege)?

Q11: A diet which is low in protein is good for people with gout?

Q12: Ideally for a person with gout, no more than 30% of calorie intake should be from fat, and 10% from animals protein?

Q13: Banana is a good or bad to eat if you have gout?

[ANSWERS: A1 (T), A2 (T), A3 (T), A4 (T), A5 (T), A6 (F), A7 (T), A8 (Turkey), A9 (T), A10 (T), A11 (T), A12 (T), A13 (good)]

Amount of Caffeine in common foods

Food & Medicines	Caffeine (mg)	Food & Medicines	Caffeine (mg)
Dark chocolate, 1 oz.	5 to 35	**Beverage**	
Unsweetened chocolate, 1 oz.	26	Brewed coffee, 8 oz.	60 to 180
Milk chocolate, 1 oz.	1 to 15	Instant coffee, 8 oz.	30 to 120
Coffee flavored yogurt, 6 oz.	35	Espresso, 2 oz.	100
Coffee ice cream, 1/2 cup	20 to 30	Brewed imported tea, 8 oz.	25 to 110
Chocolate ice cream, 1/2 cup	2	Energy drinks, 8 oz.	35 to 90
Medication		Iced tea, 8 oz.	6 to 60
Aspirin, 1 tablet	0	Soft drinks or soda, 8 oz.	18 to 60
Analgesics (2 tablets)	64 to 130	Instant tea, 8 oz.	10 to 35
Appetite suppressant, 1 tablet	80 to 200	Chocolate milk, 8 oz.	2 to 7
Medicines to stay alert, 1 tablet	100 to 200	Decaffeinated coffee, 8 oz.	2 to 4

Walk it out *(Courtesy daily 'Dawn')*

After age 25, men's metabolism slows down and fat tends to collect in areas like abdomen, thighs and hips. Women show no such signs but develop flabby thighs and buttocks by sitting most of the times. With proper diet and exercise the ailments which often strike in middle age (30 years & later) may be put off till one turns 70 or 80.

Fat and Fiction *(Courtesy daily 'Dawn')*

The option of weight loss surgery is getting popular throughout the world. Two types of surgeries are carried out: (1) liposuction, which is cosmetics and can be performed not more than twice or thrice in a lifetime, and (2) gastric banding or gastric bypass, where the stomach and duodenum are bypassed by the food eaten.

Your Bone Health - FAQ

http://www.cfsan.fda.gov

Patients are rapidly recognizing the role of calcium in bone formation, regeneration and strengthening based on the modern research being carried out at reliable health institutions around the globe. To our surprise, now some patients are keen to dig medical information deeply. This time we have chosen a few frequently asked questions about bone health.

Q: If I consume the right amount of calcium, will my bones automatically regenerate?

A: No matter how much calcium we ingest, our bones will not be able to utilize calcium effectively if the bones are unreceptive. If the calcium we consume is not incorporated into our bones, it flows out of the body as waste. Calcium is only one of the important building blocks in the formation of bones. Bone cells that do not function properly are unable to effectively utilize the available calcium. The cells that actually build the bone are called osteoblasts. The cells that dissolve old bones are called osteoclasts. The proper balance between osteoblasts and osteoclasts is essential for healthy bone formation.

Q: What other nutritional substances, minerals, and vitamins help regenerate bones?

A: Other substances that facilitate bone regeneration include vitamin D, casein phosphopeptides (CPPs), magnesium, vitamin K, and isoflavones. Vitamin D and casein phosphopeptides (CPPs) enhance calcium absorption. In addition, various food substances play an important role in bone regeneration. Magnesium and vitamin K are important for their roles in stimulating bone formation, while isoflavones inhibit bone resorption.

Q: Are all bones the same compositionally?

A: No. Different bones are designed to perform different functions, so there is some variation in composition, depending on the job a bone needs to perform. For example, our ribs are more flexible than femur bones in our legs because the ribs need to allow for the lungs' expansion and compression. Bones may have grooves, ridges, crests, or other features that can make them stronger, to help them attach to muscles or ligaments, or accommodate passageways for nerves or blood vessels. The human body is comprised of 206 different bones.

Q: How long does it take human bones to regenerate?

A: It takes approximately three years for human bones to completely regenerate.

Q: What is osteopenia?

A: With osteopenia, bone mineral density (BMD) is below normal level, but not low enough to be diagnosed as osteoporosis. While there are no visible symptoms, osteopenia can be determined with a bone mineral density (BMD) test. Some people may naturally have lower bone density, making them more susceptible to osteoporosis. Women have a lower peak BMD than men and women are at greater risk for osteopenia due to menopause-related hormonal changes.

Q: Can exercise help my bone health?

A: Yes. Regular, weight-bearing exercise also helps bones stay strong and vital. Various activities and sports can contribute to your bone fitness. These include football, basketball, baseball, jogging, dancing, jumping rope, inline skating, bicycling, hiking, skiing, swimming, rowing a canoe, bowling, and weight-training. Even everyday activities such as mowing the lawn, gardening, raking leaves, or washing and waxing the car, can be a plus for bone vitality.

♦♦♦♦♦♦♦

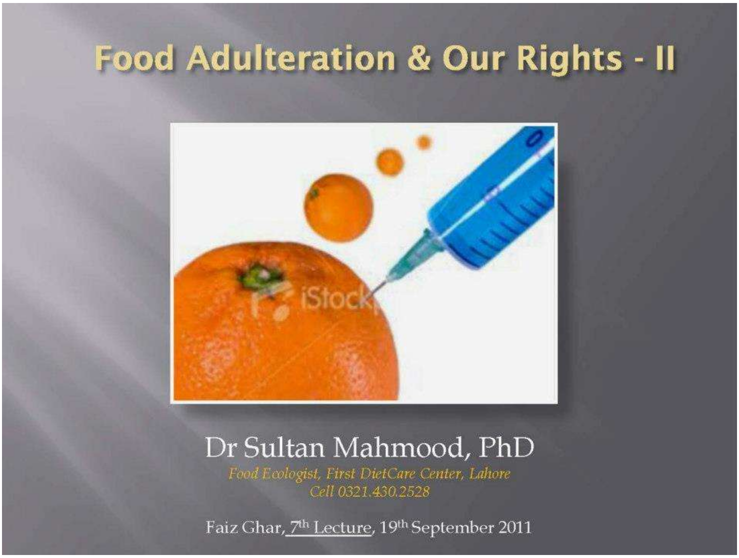
Letters to Editor

Q: I have diabetes. May I replace honey with sugar in my diet?
(Masood Ahmad Toor, Lahore)

A: Probably not. Honey actually has more carbohydrates and more calories than granulated sugar does. One tablespoon honey provides 17 carbs or 64 calories while sugar provides only 13 and 50 respectively. Unlike sugar, honey provides some minerals but only in trace amounts. Honey is also sweeter than sugar, so you can substitute a smaller amount of honey for sugar in some recipes. However, the calories and carbohydrates you save are nominal. If you prefer the flavor of honey, go ahead and use it in moderation. Be sure to count the carbohydrates in

گوشت کھانے میں احتیاط کریں

بشکریہ "قومی صحت" لاہور


Food Adulteration & Our Rights - II
Dr Sultan Mahmood, PhD
Food Ecologist, First DietCare Center, Lahore
Cell 0321.430.2528
Faiz Ghar, 7th Lecture, 19th September 2011

Summary

- Selection of wholesome and non-adulterated food is essential for daily life to make sure that such foods do not cause any health hazard.
- Although it is not possible to ensure wholesome food only on visual examination only because toxic contaminants are present in ppm/ppb level. However, it ensures absence of insects, visual fungus, foreign matters, etc before purchase.
- Label declaration on packed food is very important for knowing the ingredients and nutritional value. It also helps in checking the freshness of the food and the period of best before use.
- The consumer should avoid taking food from an unhygienic place and food being prepared under unhygienic conditions.
- Consumption of cut fruits being sold in unhygienic conditions should be avoided.

- *Malnutrition is the big human rights issue*

Injurious Adulterants in Foods

S#	Foods	Adulterants	Effects

Injurious Adulterants in Foods

S#	Foods	Adulterants	Effects

Pakistan Food Laws

Pakistan does not have an integrated legal framework but has a set of laws, which deals with various aspects of food safety. However, like many other laws, these laws remain very poorly enforced.

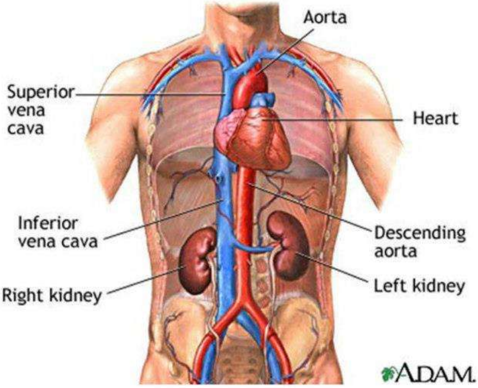
There are three laws that specifically deal with food safety. They are:

- Pakistan Standards and Quality Control Authority Act.
- The Pure Food Ordinance 1960 .
- Pakistan Hotels and Restaurant Act, 1976 .

Health is Basic Human Right

- Millenium Development Goals (MDG)

Standard Renal Function



Dr. Sultan Mahmood, *Post-Doc, PhD, MSc, DPH*
on behalf of Pakistab Tibbi Conference, Qarshi Industries, Lahore on 12 September 2011

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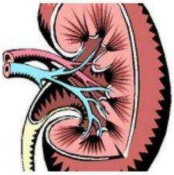
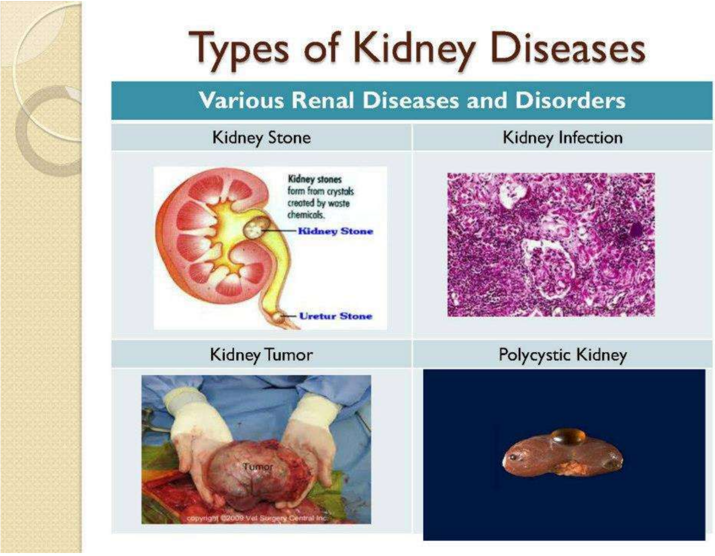


Dietary Approach to Healthy Renal Function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Kidney Stone
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Kidney stones form from crystals created by waste chemicals.
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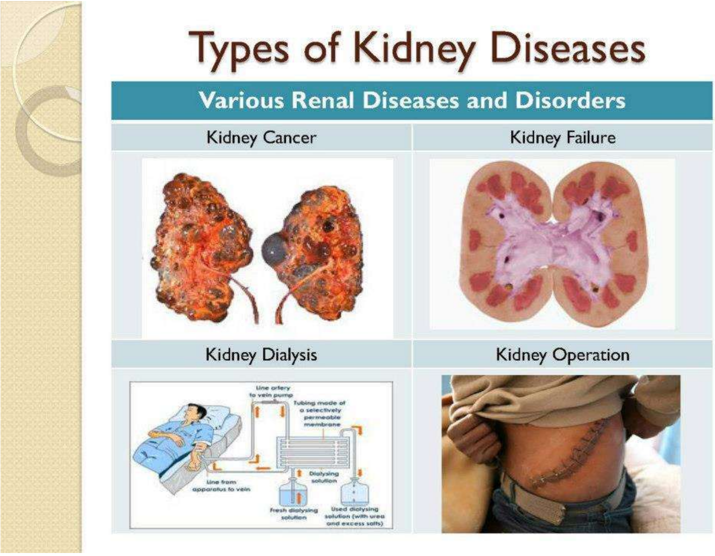
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Kidney Cancer
Kidney Failure
Kidney Dialysis
Kidney Operation
Line artery to vein pump
Tubing made of a selectively permeable membrane
Dialysing solution
Line from apparatus to vein
Fresh dialysing solution
Used dialysing solution (with urea and excess salts)

Impact of Diabetes on CKD

- Lowering blood glucose reduced risk of:
  - Eye disease by 76%
  - Kidney disease by 50%
  - Nerve disease by 60%

__Reference:__ DCCT Group. New England Journal of Medicine, 329(14), September 30, 1993.

Time Between Treatment and Death

- Patients who saw a kidney doctor less than 4 months before needing dialysis had a 60% higher risk of death than those who seen at least a year earlier
  - Those with diabetes or hypertension were 2 times as likely to die

Kinchen, K. S. et. al. Ann Intern Med 2002;137:479-486

Diabetes Prevention Program

Lifestyle intervention

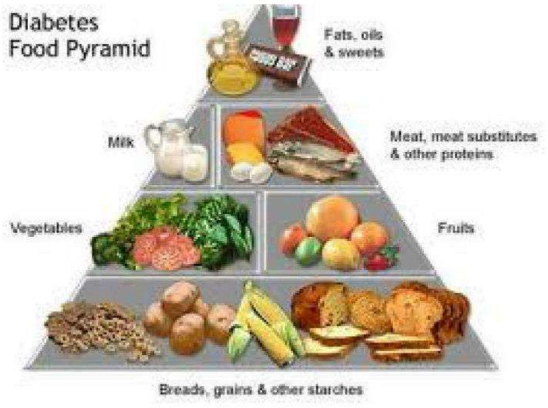
Healthy low-calorie, low-fat diet
30 minutes of physical activity, 5 days a week
5% to 7% weight reduction

Metformin

Oral diabetes drug

Reference: DPP Research Group. N Engl J Med 2002, Vol.346, No. 6.

Healthy Renal Diet Plan



Renal Friendly Super Foods

Eat Plenty

Renal Friendly Foods

Food	Benefit
Red bell pepper	Low in K; has lycopene
Cabbage	Low in K; has phyto-chemicals
Cauliflower	Good Vitamin C
Garlic	Anti-clotting; Anti-inflammatory
Onion	Quercetin – a powerful antioxidant
Apple	Anti-inflammatory; Anti-cholesterol
Cranberry	Acidic, so anti-bacterial
Blueberry	Anti-oxidant anthocyanidins; Vit C
Raspberry	Ellagic acid, neutralize free radicals
Strawberry	Two anti-oxidants; Vitamin C
Cherry	Reduce inflammation
Red grapes	Resveratrol, boost nitric oxide
Egg white	All essential amino acids
Fish	Anti-inflammatory fats omega-3s
Olive oil	Polyphenols and antioxidant

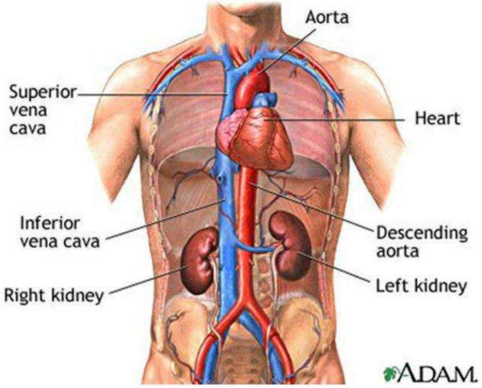
World Kidney Day™

11 March 2010

Recommendations

- Diet, quitting smoking, and exercise
- Eat a well-balanced meal plan
- Increase water intake but reduce Protein, Sodium, Cholesterol and Glucose but Quit Smoking.
- Cut back on salt and high sodium foods
- Limit your protein if your doctor tells
- Limit potassium and phosphorus
- Limit supplements and drugs that are hard on kidneys
- Watch out for injected dyes used in X-rays

Standard Renal Function



Dr. Sultan Mahmood, *Post-Doc, PhD, MSc, DPH*
on behalf of Faiz Foundation,
Model Town, Lahore on 21 November 2011

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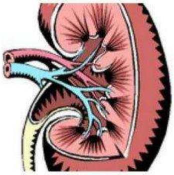
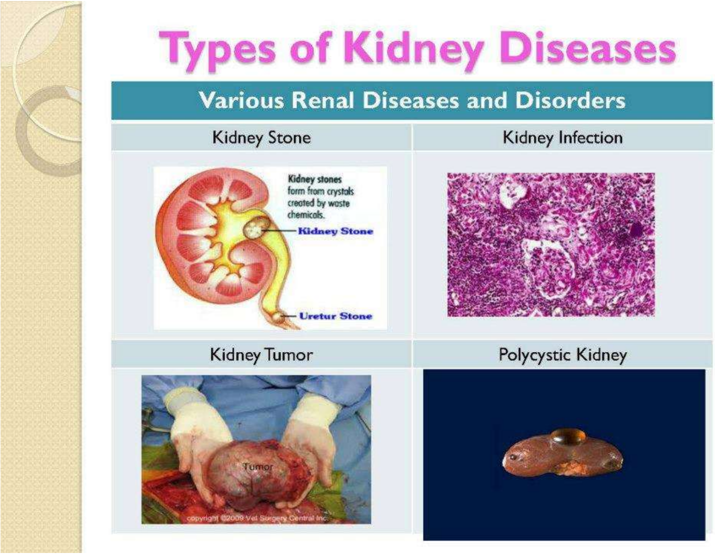


Dietary Approach to Healthy Renal Function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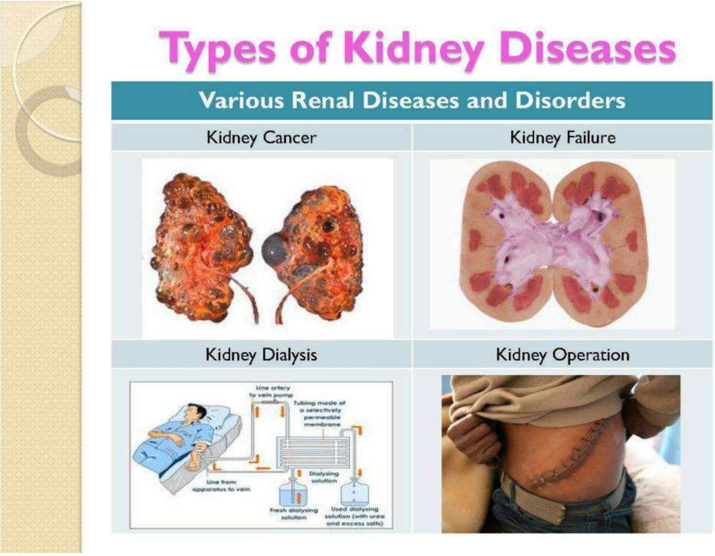
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Tubing made of a selectively permeable membrane
Dialysing solution
Line from apparatus to vein
Fresh dialysing solution
Used dialysing solution (with urea and excess salts)

Causes of high uric acid levels

- Obesity
- Diets high in purines
- Certain medications, including low-dose aspirin, diuretics and some high blood pressure drugs
- Certain diseases that have a high cell turnover rate, such as leukemia, lymphoma or psoriasis

High Uric Acid Level:
What does it mean?

- Uric acid is a waste product formed from the breakdown (metabolism) of substances in food called purines.
- Most of the uric acid made by body dissolves in blood and passes through kidneys into urine.
- However, sometimes body either produces too much or excretes too little uric acid, thus retains high levels in blood.

If untreated, it can lead to:

- Gout and Arthritis
- Uric acid stones in the urinary tract
- Deposits of uric acid in the kidneys (uric acid nephropathy)
- Deposits of uric acid in the soft tissue (tophi)
- It is important to note that high uric acid levels are also associated with an increased risk of heart disease.

Impact of Diabetes

- Lowering blood glucose reduces the risk of Chronic Kidney Disease (CKD), for instance:
  - Eye disease by 76%
  - Kidney disease by 50%
  - Nerve disease by 60%

<u>Reference:</u> *DCCT Group. New England Journal of Medicine, 329(14), September 30, 1993.*

Time Between Treatment & Death

- Patients who saw a kidney doctor less than 4 months before needing dialysis had a 60% higher risk of death than those who seen at least a year earlier
- Those with diabetes or hypertension were 2 times as likely to die

Kinchen, K. S. et. al. Ann Intern Med 2002;137:479-486

A Study

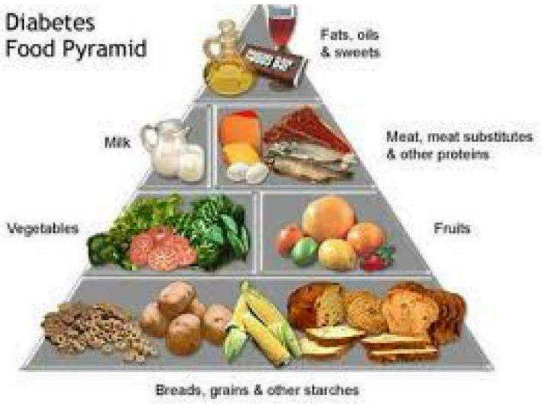
- Study participants who consumed the highest amount of meat were 40 percent more likely to have gout than those who ate the least amount of meat.
- Study participants who ate the most seafood were 50 percent more likely to have gout.

Foods Higher In Purines

High
- hearts
- sea fish
- mussels
- yeast
- sweetbreads

Moderate
- mutton
- veal
- liver
- fresh water fish
- kidneys
- partridge
- trout
- pheasant

Healthy Renal Diet Plan



No increased risk associated with:

- peas
- beans
- mushrooms
- cauliflower
- spinach
- low-fat dairy products (it decreases the risk)

Manage it like Diabetes

Lifestyle intervention

- Healthy low-calorie, low-fat diet
- 30 minutes of physical activity, 5 days a week
- 5% to 7% weight reduction

Metformin (Glucophage)

- Oral diabetes drug

Reference: DPP Research Group. N Engl J Med 2002, Vol.346, No. 6.

Recommendations

- Diet, quitting smoking, and exercise
- Eat a well-balanced meal plan
- Increase water intake but reduce Protein, Sodium, Cholesterol and Glucose but Quit Smoking.
- Cut back on salt and high sodium foods
- Limit your protein if your doctor tells
- Limit potassium and phosphorus
- Limit supplements and drugs that are hard on kidneys
- Watch out for injected dyes used in X-rays

Some Good Veggies

Peppers (yellow Shimla Mirch) and Pumpkins are the vegetables with the highest levels of Beta-cryptoxanthin per serving

About Green Tea

- **Green Tea and Arthritis: Study Conclusion**

  Examination of joint tissue microscopically revealed marginal infiltration of joint cells in mice receiving the green tea in contrast with massive infiltration in the mice not fed green tea. The effect of the green tea appeared dramatic.

- **Point of Interest**

  In many countries such as India, China, and Japan, green tea is regarded as healthful with the potential to prevent certain illnesses. Seemingly, rheumatoid arthritis in these countries exists at a much lower rate than elsewhere around the world and some people believe strongly in the effect of green tea.

Renal Friendly Super Foods

Eat Plenty

Renal Friendly Foods

Food	Benefit
Red bell pepper	Low in K; has lycopene
Cabbage	Low in K; has phyto-chemicals
Cauliflower	Good Vitamin C
Garlic	Anti-clotting; Anti-inflammatory
Onion	Quercetin – a powerful antioxidant
Apple	Anti-inflammatory; Anti-cholesterol
Cranberry	Acidic, so anti-bacterial
Blueberry	Anti-oxidant anthocyanidins; Vit C
Raspberry	Ellagic acid, neutralize free radicals
Strawberry	Two anti-oxidants; Vitamin C
Cherry	Reduce inflammation
Red grapes	Resveratrol, boost nitric oxide
Egg white	All essential amino acids
Fish	Anti-inflammatory fats omega-3s
Olive oil	Polyphenols and antioxidant

About Coffee

A new large-scale study published in the June 2007 issue of *Arthritis Care & Research* examined the relationship between coffee, tea, caffeine intake, and uric acid levels and found that coffee consumption is associated with lower uric acid levels but this appears to be due to components other than caffeine.

About Water

To increase excretion of salts, dilute urine by increasing fluid volume to at least 2 lit per 24 hours in Summers and 1 lit in Winters

World Kidney Day™

11 March 2010

About Smoking

Smoking Doubles the Risk of Severe Arthritis

Thanks!
Any Question?

Swazole
Honey
امراض گردہ اور غذا
Genetically Modified Foods
What is Diet?
Dr. Sultan's Diet
February 2008
February 2008

ماہانہ ڈائٹ کیئر
Dietcare
FDRC
ہیپاٹائٹس کے تدارک میں معاون غذائیں
Sex Stimulant Foods
Delicious Cooking Oils
February 2008
February 2008

TrimFast
Schazoo Zaka (Pvt) Ltd.
Schazoo House, 45-G.T. Road, Lahore-Pakistan.
U.A.N 111-666-600Fax: (+92-42) 6841003
email:szl@schazoo.com URL: www.schazoo.com
Where did Pepsi get its name?
Pepsi was invented by North Carolina pharmacist Caleb Bradham in 1898. He served it at the soda fountain of his drugstore, where it was an immediate hit and was dubbed "Brad's drink" by customers. Bradham decided to rename it "Pepsi-Cola," and the name was trademarked in 1903. It appears that the name "Pepsi-Cola" is taken from the drink's early ingredients, which included carbonated water, sugar, vanilla, an extract of the kola nut, and an enzyme called pepsin. Pepsin was formerly used as a digestive aid, and early Pepsi-Cola ads touted the drink as "Exhilarating, Invigorating, Aids Digestion." There's some dispute as to whether the first "Pepsi" (or "Brad's drink") actually included pepsin (or kola, for that matter). But if we look at the product's name and the early advertising as evidence, it seems pretty likely that it did. The formula has changed several times over the years, and there hasn't been any pepsin in Pepsi since at least 1923. Sources: Soda Museum, History of Pepsi, Caleb Bradham
Avoid Farting
Vanderbell Publishing Ltd. USA
Top ten tips are given below to avoid farting caused by bloating or wind in the stomach and intestines:
1. Chew your food thoroughly
The Chinese have a saying "Drink your solids and chew your liquids". This simply means chewing your solids until they become like liquid. When you can't chew anymore, swallow. With liquids such as soups and juices, swish them around the mouth before swallowing, which will allow plenty of amylase (a digestive enzyme in saliva) to mix with each mouthful, thus starting off the process of digestion.
2. Take more time to eat your meal
The stomach takes 20 minutes to tell the brain it's had enough food. If you eat too quickly, you'll have eaten more than your body requires before you know it.
3. Avoid sugary snacks between meals
Ideally eat three square meals per day, and don't snack in between. This will also help balance your insulin and leptin levels, thus reducing risk of diabetes. Some people will need to eat 4 or 5 smaller meals, but listen to your body's true needs, not just desires.
4. Eat more fiber
This is an excellent way to keep your digestive system healthy. Eating fiber helps prevent constipation, reduces cholesterol and keeps you slim. Fiber comes in vegetables, fruit, beans, pulses and whole grains such as porridge oats.
5. Relax while eating
The French do this so well. Take your time. During stress your body shuts down digestion so that it can concentrate on muscles and brain. Slow down.
6. Don't go to bed on a full stomach
Stop eating at least 3 or 4 hours before bedtime. When you go to sleep, your digestive system wants to rest too. If you make your digestive system work half the night, you could wake up tired. It may even keep you awake, as your raised blood sugar levels make you more alert.
7. If you must eat before bed, eat half a banana with a little almond butter
Bananas are high in the amino acid tryptophan, which helps make serotonin, which calms you and helps you sleep. The almond butter contains magnesium which also relaxes and helps stabilize blood sugar. (Don't eat whole nuts before bedtime unless you chew extra well.)
8. Regularly take a probiotic supplement to keep your bacteria in good healthy balance
This will help keep pathogenic bacteria at bay, leading to better health all round.
9. Take a digestive enzyme just before eating
Many people don't make sufficient digestive enzymes themselves, and supplementing, even for a couple of months, will take the strain off the body.
10. Drink lots of clean water between meals, but only a small glass with meals - just enough to help the food go down
Note: Readers can well imagine that most of the above instructions are already quoted in our religion.
Chief Editor
Dr. Sultan Mahmood
PhD Nutrition, Poland
Post Doctorate (Denmark / USA)
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غذائی وراثتی پلان
غذائی وراثتی پلان کے مقاصد
طریقہ کار
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2x7's
ENCID 20
Capsules
(Omeprazole 20 mg)
WILSON'S
Where did Pepsi get its name?
Worrying about Cholesterol & Triglycerides
Cholesterol and triglycerides are types of lipids, or fats, and they are necessary to the normal functioning of the human body. However, increased total cholesterol levels, and increased level of LDL cholesterol (the "bad" cholesterol) have now been shown to be a major risk factor for the development of coronary artery disease (CAD). In contrast, high HDL cholesterol levels (the "good" cholesterol) have been correlated with a reduced risk of CAD.
Whether high triglycerides levels also are associated with a significantly increased risk of CAD is not entirely clear, but much suggestive evidence points in that direction. Furthermore, it has now been shown that lowering elevated cholesterol levels can appreciably lower one's risk for heart disease.
People should begin having their blood lipid levels measured every few years while they are still in their 20s, and more often as they get older. High total cholesterol levels and high LDL levels, as well as low HDL levels, ought to be corrected by diet, exercise, weight loss, and if necessary, by medication.
In other words, people should worry about their elevated cholesterol (and perhaps triglycerides) levels a lot.
Butter, Margarine, and Cooking Oils
Merck Manual
Which should you use -- margarine or butter? Well... neither is ideal, because butter is loaded with saturated fat, and almost all margarines have some saturated fat and trans fatty acids. However, if you must use one or the other, margarine may be better than butter.
Here are some guidelines:
Use canola or olive oil instead of butter or margarine.
Choose soft margarine (tub/liquid) over harder stick forms.
Choose margarines with liquid vegetable oil as the first ingredient.
Even better, choose "light" margarines that list water as the first ingredient, because these are even lower in saturated fat. If you have high cholesterol, talk to your doctor about using margarines made from plant sterols or stanols. These substances, made from soybean and pine tree oils, can help lower your LDL cholesterol by as much as 6% to 15%. The American Heart Association recommends further study for children, pregnant women, and those without high cholesterol, however.
Limit:
Margarines, shortening, and cooking oils that have more than 2 grams of saturated fat per tablespoon.
"Hydrogenated" and "partially-hydrogenated" fats (called 'ghee' read ingredients on food labels) because these are high in saturated fats and trans-fatty acids.
Coconut, palm, and palm kernal oils because they are very high in saturated fat.
Shortening or other fats made from animal sources.
Letters to Editor
Q: Do any foods have all nine essential amino acids?
(Mrs. Shabana, Kot Adu)
A: Yes--most red meat does, and so does most poultry and their proteins are called "complete." Soybean is a high protein grain and also provides complete proteins. Other grains and legumes provide all nine amino acids when combined. For example, rice combined with beans, corn combined with limas, bread combined with nuts all give "complementary" protein which just means that all 9 amino acids are supplied. You don't have to eat these foods together but millions of people do, and love them.
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جسمانی درد کا غذاؤں سے علاج
بشکریہ "قومی صحت" لاہور
غذائی تجاویز
Congratulation
to the Dedicated Team of PAFP Leaders for holding 18th International Conference of Family Medicine 2008.
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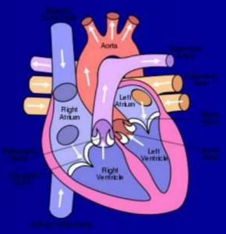
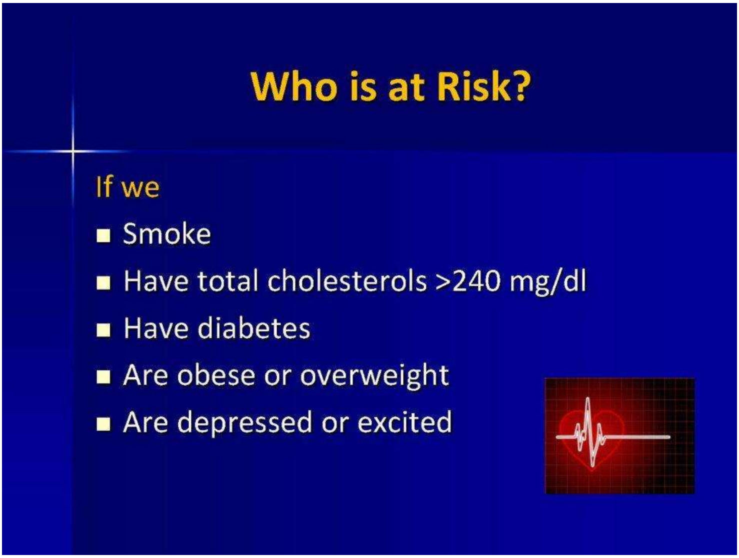
Dietary Approach to Prevent CVD

Dr Sultan Mahmood
Chief Nutritionist
First Diet Care & Research Center (FDRC), Lahore
Cell: 0321.430.2528; drsultan@gmail.com
Faiz Ghar, 2nd January 2012



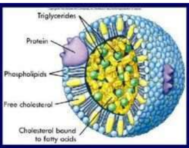
CVD in Men and Women

- CVD mortality in men is holding steady; in women it is increasing
- 82% of coronary events in women are attributable to
  - unhealthy diet
  - lack of activity
  - cigarette use
  - overweight


Who is at Risk?
If we
Smoke
Have total cholesterols >240 mg/dl
Have diabetes
Are obese or overweight
Are depressed or excited

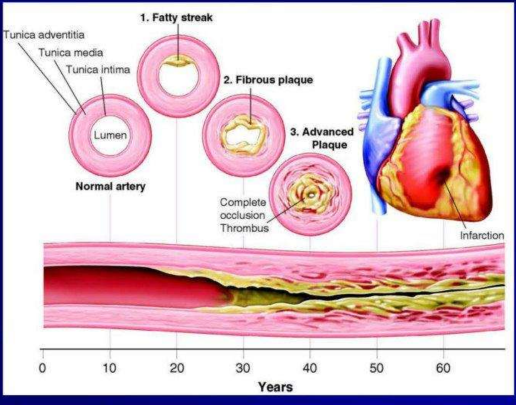
Factors Increasing CVD Risk
Diets high in saturated fat and cholesterol
Cigarette smoking
Cholesterol level, blood pressure, and EKG abnormalities
High blood pressure
Hypercholesterolemia
Oxidized low-density lipoprotein (LDL)
Obesity
Menopause
Adverse psychosocial issues
Enlarged left ventricle

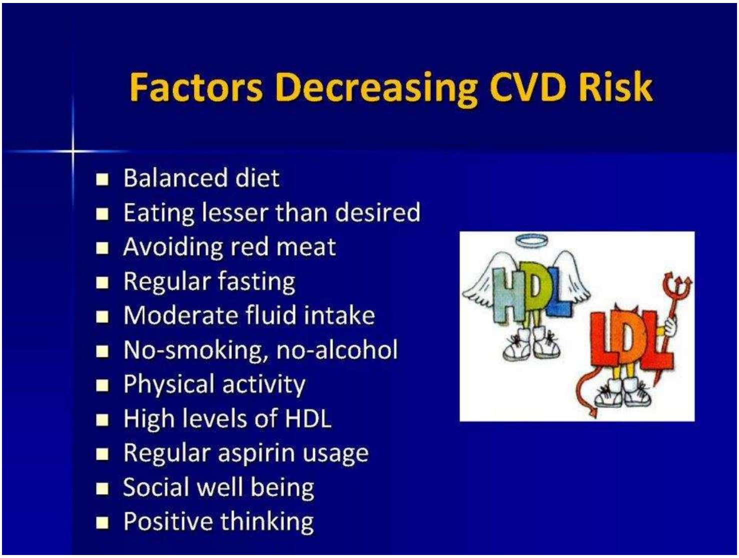
Causes

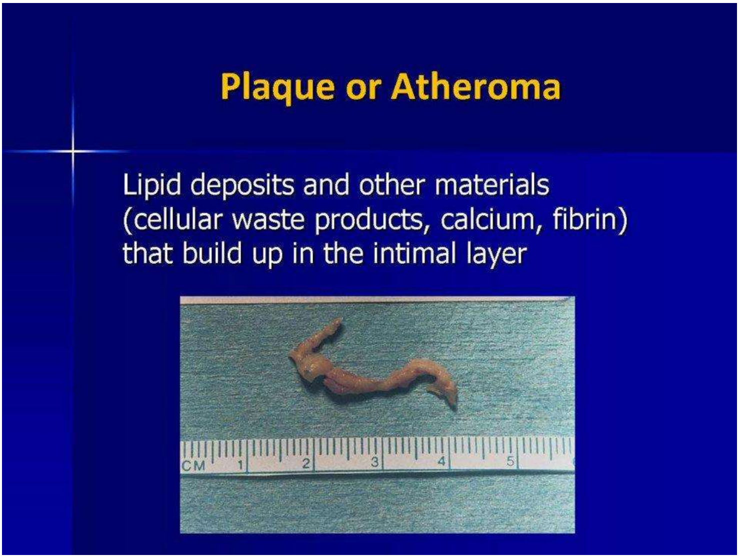


- Impeded blood flow to the network of blood vessels serving the heart
- Major cause is atherosclerosis; structural and compositional changes in the inner wall of the arteries
- Dehydration
- Emotional stress
- Strenuous physical activity when not physically fit
- Eating a large, high-fat meal (increases risk of clotting)

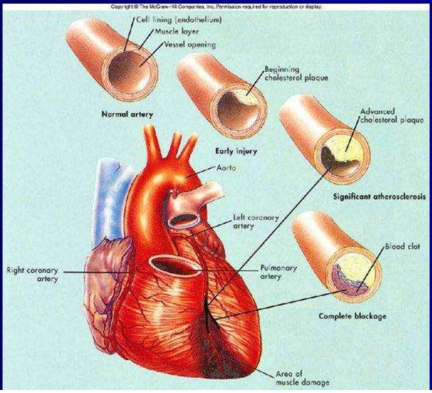
Natural Progression of Atherosclerosis




Factors Decreasing CVD Risk
Balanced diet
Eating lesser than desired
Avoiding red meat
Regular fasting
Moderate fluid intake
No-smoking, no-alcohol
Physical activity
High levels of HDL
Regular aspirin usage
Social well being
Positive thinking
HDL
LDL


Plaque or Atheroma
Lipid deposits and other materials (cellular waste products, calcium, fibrin) that build up in the intimal layer
CM 1 2 3 4 5

Heart Attack
(Myocardial Infarction)



Desirable Blood Parameters

1. Hypertension		
	Blood pressure	> 140/90
2. Dyslipidemia		
	Triglycerides	> 150 mg/ dL
	HDL- C	< 35 mg/ dL
3. Obesity (central)		
	Body mass index	> 30 kg/M2
	Waist girth	> 94 cm (37 inch)
	Waist/Hip ratio	> 0.9
4. Impaired Glucose Handling		
	Fasting blood glucose	> 110 mg/dL
	2hr.PG	>200 mg/dL

Undesirable Foods

General Recommendation
Deficient in fruits and vegetables and other plant based foods
Too low in fiber and too high in refined (processed) grains
Too high in saturated fats from animal foods
Too high in trans fats from fast food meals and packaged goods.
Too high in sodium and refined sugar from commercially baked goods

Mayo Clinic Recommendation	
• Butter • Gravy • Cream sauce • Nondairy creamers • Hydrogenated margarine (ghee) • Cocoa butter, found in chocolate • Coconut and palm-kernel oils	• Doughnuts • Biscuits • Quick breads • Cakes • Egg noodles • Buttered popcorn • High-fat snack crackers • Chips

Desirable Foods

General Recommendation	ADA Recommendation
• High fiber cereals and breads • Fish (salmon and tuna) • Legumes (beans and peas) • Nuts (walnuts and almonds) • Skim milk • Blueberries • Apples and oranges • Carrots • Tomatoes • Spinach and kale	• Antioxidant Foods () • Fiber • Calcium • Soya • Water • Reduced salt • Exercise • Hydration • Enjoy every bite

Mayo Clinic Recommendation	
• Olive oil • Canola oil • Margarine labeled "trans fat-free" • Skinless white poultry meat • Fat-free yogurt and cheese • Egg white	• Whole-wheat flour and grains • High-fiber cereal • Brown rice • Oatmeal • Fresh veggies and fruits • Legumes

Thanks

جنسی کمزوری کا غذائی علاج

The Global Water Initiative

GWI brings together a group of seven leading international NGOs, including Action Against Hunger (ACF) USA, CARE, Catholic Relief Services (CRS), The World Conservation Union (IUCN), International Institute for Environment and Development (IIED), Oxfam America and SOS Sahel UK.

Cucumbers

Cucumbers are usually used in many salads, besides tasting great, their high water content (usually 96%) adds to our bulk hence making us feel full. They can be consumed before every meal which will greatly help us against over-eating.

FORUM FOR ENVIRONMENT & ECONOMIC DEVELOPMENT & WELFARE OF PEOPLE

Feed Well People is a non-profit, non-political national NGO striving hard for the environmental up-gradation and economic development of the masses of Pakistan on self-help basis.

Office: 324-B, New Chauburji Park, Lahore.

Sugary drinks linked to Alzheimer

Vanderbelt Health Newsletter, USA

New research from the University of Alabama shows that regularly drinking sugary drinks may increase the risk of developing Alzheimer's Disease.

When the researchers studied the effects on mice of drinking water sweetened with sucrose, they found clear evidence of memory impairment.

During the study, the mice were divided into two groups. One of the groups, the control group, was given a regular diet and unsweetened water. The second group received the same diet, but with 10% sucrose-sweetened water. This is the equivalent to about five cans of sweetened beverages per day.

Results clearly showed that, compared with the control mice, the sucrose group gained more body weight and developed glucose intolerance, high levels of insulin, raised cholesterol and increased memory impairment.

There was also a two-three fold increase in insoluble amyloid in the brain, which is believed to be a cause of Alzheimer's Disease in humans.

Comments of 'DietCare' Board

Some years ago an American food researcher suggested that white sugar should be sold at drug stores instead of grocery stores because it is a pure chemical. A number of latest research articles show that sugary habits impair learning capability in children besides creating other problems, viz, diabetes, obesity, hyperlipidemia, etc. This article is in continuation of the same. Regarding animal model of study, there is no harm because this is the routine in the ethics of medical research that human models will be used later on. Many previously searched concepts were tested on human models or human volunteers and found workable.

ooo

Four rules everyone can agree to

We can state four general rules that all cardiologists would agree to:

Avoid the simple carbohydrates that cause rapid rises and falls in insulin levels - pasta, potatoes, rice, and products made from refined flour.

-Eat the more complex carbohydrates - vegetables and fruits - that supply necessary vitamins and roughage, without stimulating rapid rises and falls in insulin levels.

Eat foods that supply the "good" fats - fish, nuts, olives, avocados.

Avoid processed foods of any type that contain trans-fatty acids - possibly the worst kind of fat you can ingest.

+++++

Liquorice

Has its roots in ancient Chinese medicine and its essence is far sweeter than sugar. Women are said to find liquorice particularly stimulating and chewing on its root is said to augment one's 'lust'. Deglycyrrhised Liquorice can be helpful for adrenal glands.

+++++

GenoType Diet

Dr. Adamo of USA believes that blood type is a determinant for the kind of food that would help maximize health and weight loss. It uses the new science of epigenetics, which shows how environmental factors including diet allow you to change your genetic destiny. Your health risks, weight, and life span can all be improved when you live according to your GenoType.

Food Supplements

Vanderbelt Health Newsletter, USA states that safe nutritional interventions, including the greater use of food supplements, are effective ways to ensure the provision of micronutrients and other substances with beneficial physiological effects, to maximize the span of good health and to improve the quality of life of older people.

Dr. Sultan's Diet

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ماہنامہ ڈائٹ کیئر لاہور

In the Name of Allah Most Merciful Most Gracious

Editor: Dr. Sultan Mehmood, PhD

Monthly News Bulletin

Dietcare

Lahore

Sharing global information on Diet, Food & Nutrition

First ever publication in Pakistan

First Dietcare & Research Center FDRC You are what you eat

Vol: 01 Issue: 01

صارف، معالج اور تاجر کی تکونی سیاست

Children Under-Nutrition

Ruggiero & Ana Lucia, WDC <ruglucia@paho.org>

The new Lancet series on nutrition, co-authored and co-financed by the World Bank, depicts the lamentable state of under-nutrition worldwide, and a corresponding negligence on the part of the development community to meet the challenge decisively. Under-nutrition represents the non-income face of poverty. And the world is off track on meeting this goal.

More than a third of child deaths and 11% of the total disease burden worldwide are due to maternal and child under-nutrition. These and other stark findings are the conclusions of an international collaboration of investigators publishing their findings in The Lancet's maternal and child under-nutrition series. Following are comments on two papers:

1. *Maternal and child nutrition interventions could prevent a quarter of child deaths in poor communities*

Implementation of existing maternal and child nutrition-related interventions could prevent a quarter of all child deaths in the 36 countries with the highest burden of under-nutrition.

Breast feeding counseling and vitamin A supplementation are currently the nutrition strategies with the greatest potential to cut child deaths, comment the authors of the paper in the series. The authors studied how a variety of nutritional factors affected children's growth patterns and risk of death. In populations with enough food, education about complimentary feeding increased the height-for-age score, while provision of food supplements increased the score further in food-insecure populations. Further, the authors also found that management of severe acute malnutrition using WHO guidelines can reduce case-fatalities related to this condition by 55%, but this requires admission to a health facility. The authors add that nutrition strategies on their own are not enough, concluding by saying "Attention to the continuum of maternal and child under-nutrition is essential to attainment of several of the Millennium Development Goals (MDG) and must be prioritized globally and within countries.... What is needed is the technical expertise and the political will to combat under-nutrition in the very countries that need it most."

2. *Eighty percent of world's under-nourished children live in just 20 countries*

Authors of this paper in the series highlight how 80% of the world's undernourished children live in just 20 countries, and intensified nutrition action in these countries can lead to achievement of the first MDG and greatly increase the chances of achieving goals for child and maternal mortality. They address seven key challenges for addressing under-nutrition at national level, including; getting nutrition on the list of priorities, and also keeping it there. The paper looks at the varied situation within and across Latin American countries, which as a whole have experienced a large drop in stunting, being underweight, and wasting; and China, where a multi-sectoral approach has seen rapid nutritional improvement. The authors caution that nutrition resources should not be used to support actions unlikely to be effective in real life setting of a particular country, nor to support actions that have not been proven to have a direct effect on under-nutrition They conclude by asking "What can be done?...there are no simple prescriptions to reduce under-nutrition, although high coverage with four or five of the proven interventions would certainly have a sizeable effect", charging leaders at country level to review their existing strategies and programs. OOOOO

ڈائٹ کیجوریں اور ڈائٹ پکوڑے

Editorial

Food Politics: Milk Consumers vs Vegetarians

Whether or not to consume milk and dairy products is still a question of controversy in modern societies. It has created two rival groups, milk consumers and vegetarians. Members of each group think they are absolutely right about the best dietary pathway to good health, and that their opponents are thick-headedly and disastrously wrong. Each group publishes scores of articles and books supporting their respective positions, backed up by scientific studies, and all of these tracts sound quite convincing.

While politics, religion and sports each create their fair share of bloody rivalries, nothing beats the level of animus generated by differing dietary philosophies. This question takes on even more urgency with the appearance of sponsored studies by the radicals. Let's listen to them in favor of their philosophies.

Milk consumers believe that Milk has long been praised as a 'weapon' in the war against osteoporosis, calcium deficiency, muscle, bones and teeth weaknesses. It is a pretty good source of Vitamins A&D, as well as sufficient quantities of zinc and other salts protect against aging, dementia and sexual incapability.

Vegetarians criticize milk due to comprising significant fats and cholesterol, which can increase risk for cardiovascular diseases. They believe that ovarian, breast, and prostate cancers have been linked to dairy product consumption. In addition, some milk samplings have been found to have as much as 500 times the indicated safe levels of Vitamin D. Excess Vitamin D in the blood can be toxic and can result in calcium deposits in the body's soft tissues. They advocate consuming a nutrient-dense, healthful diet of grains, fruits, vegetables, legumes, and fortified foods including cereals and juices, and believe to meet body's calcium, potassium, riboflavin, and vitamin D requirements easily and simply, without the added health risks from dairy product consumption.

Which rival group displays the most trusted facts may not be the question. Food for thought is to analyze a single fact of 'balance of nature or balance of food'. Vegetarians advocate for fully excluding dairy group while milk-consumers do not ask to quit vegetables and fruits. Why not to use skimmed milk plus all veggies & fruits because milk-fat is the bone of contention, thus to ensure the balance of nature and the balance of diet. Perhaps, vegetarians are promoting some un-scientific, religious or cultural thoughts on the shoulders of milk-fat, like the foot prints of multinationals who promote their products by the name of sponsored studies. Beware of food politics, if it prevails at all.

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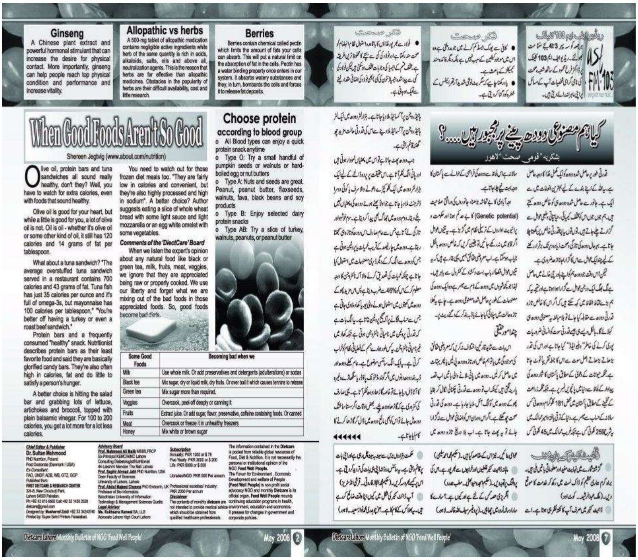
Ginseng
Allopathic vs herbs
Berries
When Good Foods Aren't So Good
Shereen Jegtvig (www.about.com/nutrition)
Choose protein
according to blood group
Comments of the 'DiectCare' Board
کیا ہم مصنوعی دودھ پینے پر مجبور ہیں....؟
بشکریہ "قومی صحت" لاہور
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Ethyle Alcohol is not Halal
Non-Alcohol beer
Fried Food Compounds May Harm Heart
American Diabetes Association <www.healthscout.com>
Letters to Editor
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Healthy Eating Tips
American Dietetic Association (ADA)
فولاد کی غذائی ترسیل
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ماہانہ ڈائٹ کیئر
Dietcare
Maintaining Healthy Blood Pressure Naturally
غذا... بیماریوں کے خلاف پہلا ہتھیار
An Attitude of Gratitude
Dietcare Lahore Monthly Bulletin of NGO 'Feed Well People'
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ہم اور دنیا
موٹاپے کی اقسام
تھائیرائیڈ گلینڈ
انسولین کی زیادتی
وراثتی یا جینیٹیک موٹاپا
ہائپوتھیلیمک موٹاپا
ہارمون کی خرابی
Dr. Sultan's Diet
Metabolic Formula
(You are what you eat)
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غذائی بحران اور پسماندہ ممالک کے مسائل
ذیابیطس میں غذائی آگاہی
کاربوہائیڈریٹس کا انتظام
Dietcare Lahore Monthly Bulletin of NGO 'Feed Well People'
June 2008
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Dietcare Lahore Monthly Bulletin of NGO 'Feed Well People'
June 2008
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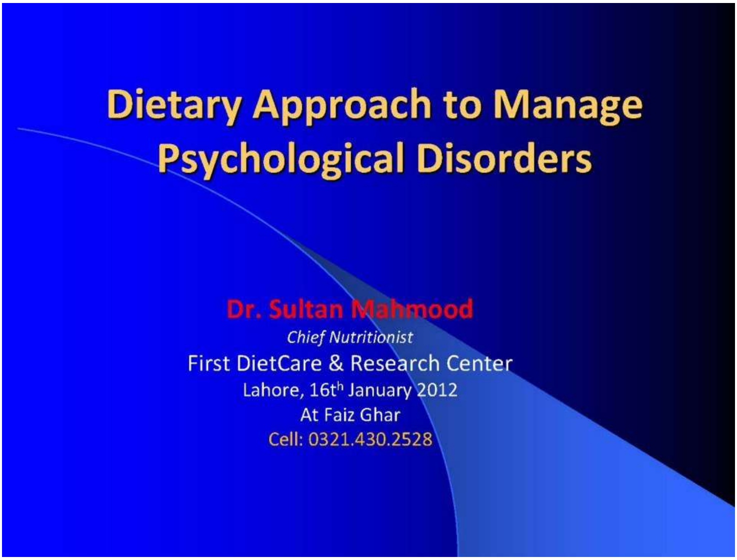
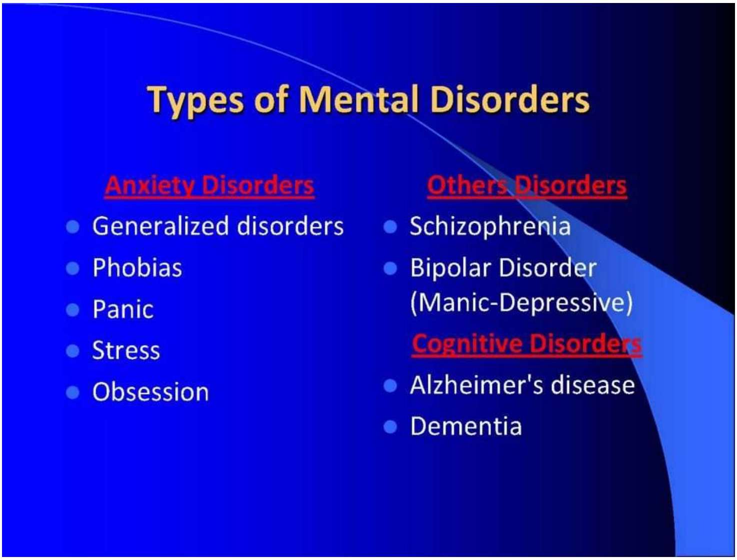

Dietary Approach to Manage Psychological Disorders
Dr. Sultan Mahmood
Chief Nutritionist
First DietCare & Research Center
Lahore, 16th January 2012
At Faiz Ghar
Cell: 0321.430.2528


Types of Mental Disorders
Anxiety Disorders
Generalized disorders
Phobias
Panic
Stress
Obsession
Others Disorders
Schizophrenia
Bipolar Disorder (Manic-Depressive)
Cognitive Disorders
Alzheimer's disease
Dementia

Types of Mental Disorders

Developmental Disorders

- Mental Retardation
- Learning Disability
- Autism
- Attention Deficit hyperactivity

Eating Disorders

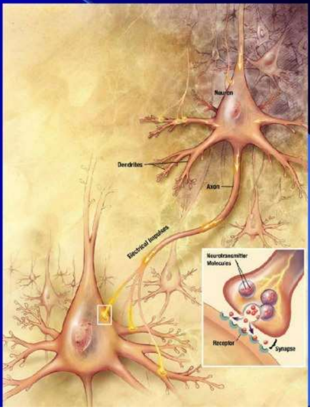
- Anorexia Nervosa
- Bulimia Nervosa
- Rumination Disorder

Impulsive Disorders

- Stealing
- Hair pulling
- Gambling
- Skin Picking

Connection Between Food and Mood

The Physiology of Nutrition, confirms that **the connection between food and mood is – the serotonin**. It is a neurotransmitter (a chemical) present in the brain, nerve cells & gut and regulates signal intensity.



What Serotonin Does?

- Serotonin levels can dramatically alter our behavior. Levels too high can lead to sedation, whereas low levels are associated with debilitating psychiatric conditions and sudden infant death syndrome (SIDS).

- When **serotonin levels are low, we're more depressed, and when they're high, we're happier**. Many depression drugs target the serotonin system by attempting to artificially boost serotonin levels or sensitivity.

Serotonin in the Gut

Very few know that about 80 to 90 percent **of the human body's total serotonin is found in specialized cells in our guts,** not in our brains. In fact, serotonin was tied to food long before it became an important mood hormone. In many species, its directly tied to appetite – deplete serotonin, and they act like they are starving. They hunt for food, put off mating and egg laying, and generally do whatever they can to find another bite to eat.

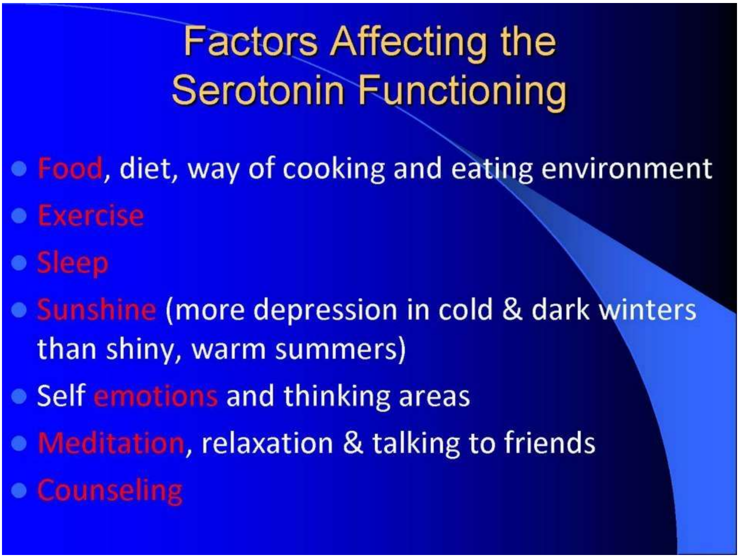
Serotonin and Nutrition

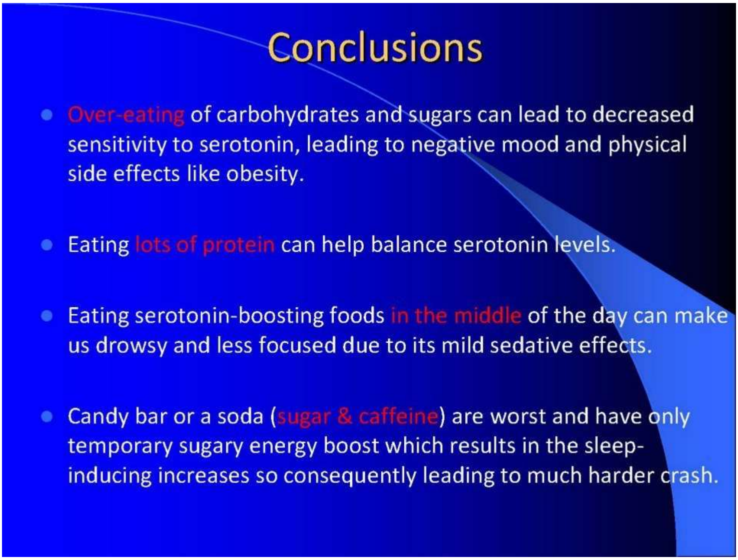
Foods of Impact

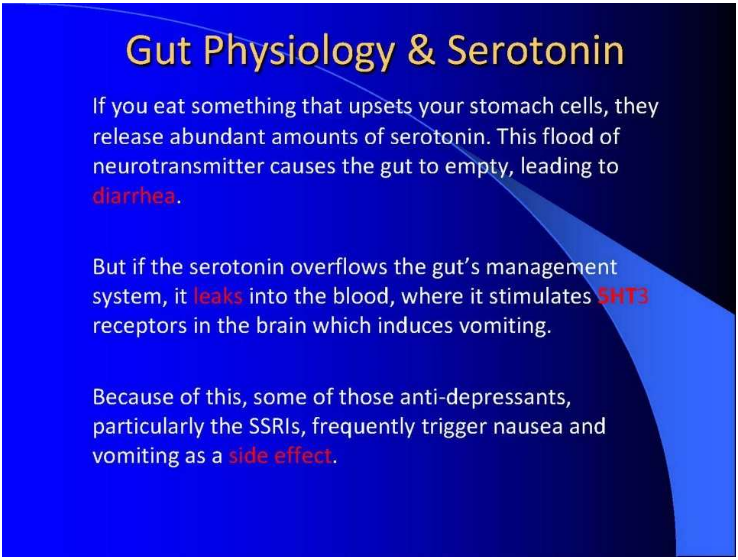
Omega-3 fatty acids, magnesium, tryptophan, folate and other B vitamins (thiamin or B2), low glycemic foods, and chocolate have all been studied to assess their impact on mood. A link between these foods and improved mood is proven.

The highest serotonin & Tryptophan levels are found in:

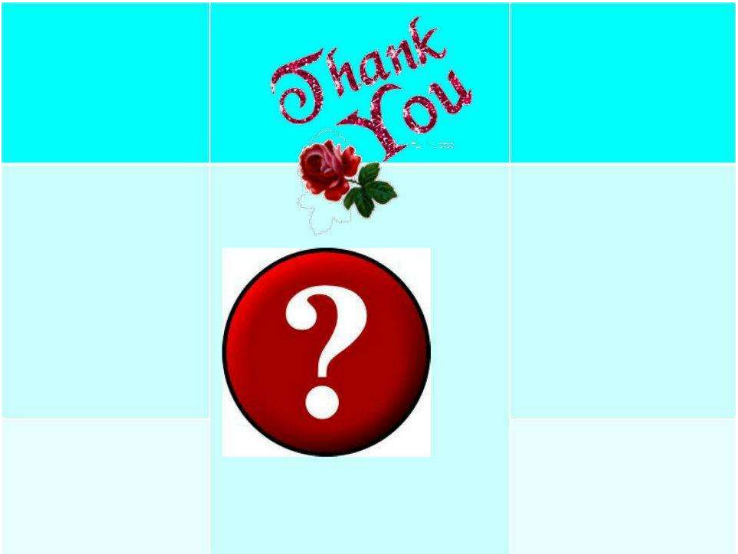
Greens	Meat	Dairy	Cereals
Walnut	Meat	Milk	Nuts
Pineapple	Turkey	Yogurt	Beans
Banana	Fish	Cheese	
Kiwi	Eggs		
Plum			
Tomato			


Factors Affecting the Serotonin Functioning
Food, diet, way of cooking and eating environment
Exercise
Sleep
Sunshine (more depression in cold & dark winters than shiny, warm summers)
Self emotions and thinking areas
Meditation, relaxation & talking to friends
Counseling

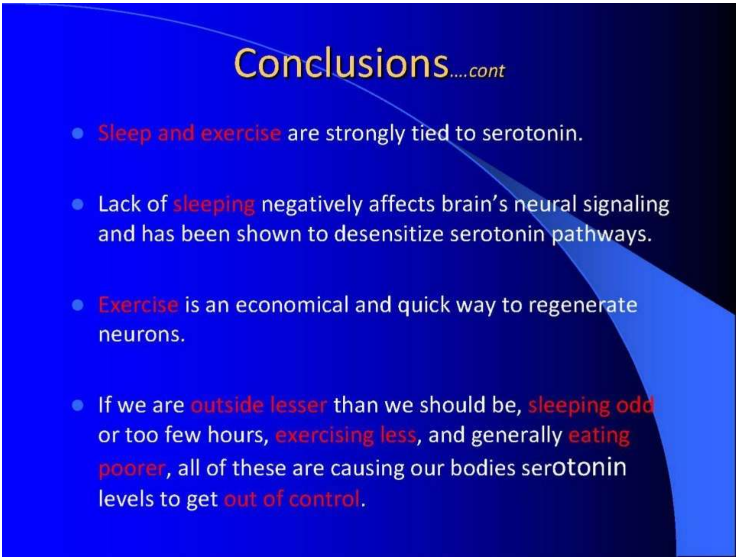

Conclusions
Over-eating of carbohydrates and sugars can lead to decreased sensitivity to serotonin, leading to negative mood and physical side effects like obesity.
Eating lots of protein can help balance serotonin levels.
Eating serotonin-boosting foods in the middle of the day can make us drowsy and less focused due to its mild sedative effects.
Candy bar or a soda (sugar & caffeine) are worst and have only temporary sugary energy boost which results in the sleep-inducing increases so consequently leading to much harder crash.

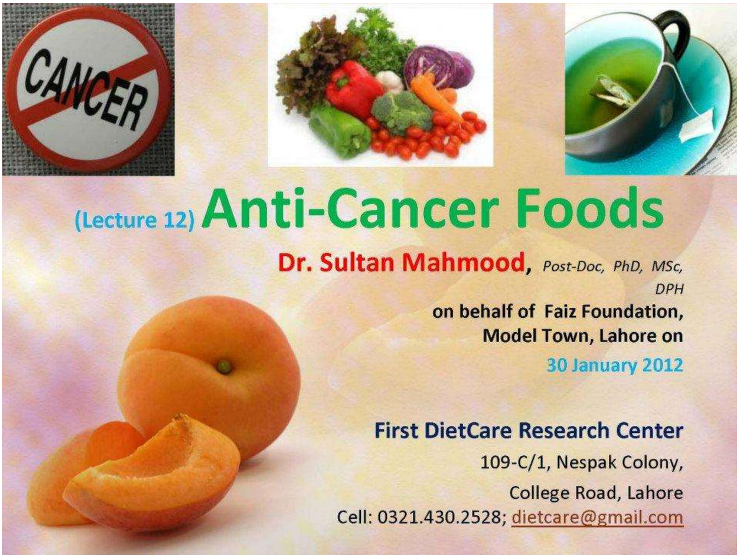

Gut Physiology & Serotonin
If you eat something that upsets your stomach cells, they release abundant amounts of serotonin. This flood of neurotransmitter causes the gut to empty, leading to diarrhea.
But if the serotonin overflows the gut's management system, it leaks into the blood, where it stimulates 5HT3 receptors in the brain which induces vomiting.
Because of this, some of those anti-depressants, particularly the SSRIs, frequently trigger nausea and vomiting as a side effect.

Anti-Psychiatric Foods
Worst Foods
Fried in bad fat
White chocolates
Nitrate packed foods
Fiber free cereals
Three white poisons
Alcohol
Lump of caffeine
Bad Foods
More starch less protein
Ice cream
Black tea
Sugar, fat, salt combination
Stale foods
Long stored meat, fish, egg
Long cooked veggies, bean


Thank You

Conclusions....cont
During winters, walking under the sun or getting away on vacation to somewhere tropical and sunny might be able to naturally boost serotonin levels.
During summers, walking in the fresh air, sight –seeing, going away to enjoy nature (greenery, oceans, deserts, forests, waterfalls) will also help to boost serotonin.
Meditation, yoga, charity, social service, talking to friends relieve mood swings through controlling serotonin.
Thinking positive is the strongest social tool to optimize serotonin supply from the foods.


Conclusions....cont
Sleep and exercise are strongly tied to serotonin.
Lack of sleeping negatively affects brain's neural signaling and has been shown to desensitize serotonin pathways.
Exercise is an economical and quick way to regenerate neurons.
If we are outside lesser than we should be, sleeping odd or too few hours, exercising less, and generally eating poorer, all of these are causing our bodies serotonin levels to get out of control.


CANCER
(Lecture 12) Anti-Cancer Foods
Dr. Sultan Mahmood, Post-Doc, PhD, MSc, DPH
on behalf of Faiz Foundation, Model Town, Lahore on
30 January 2012
First DietCare Research Center
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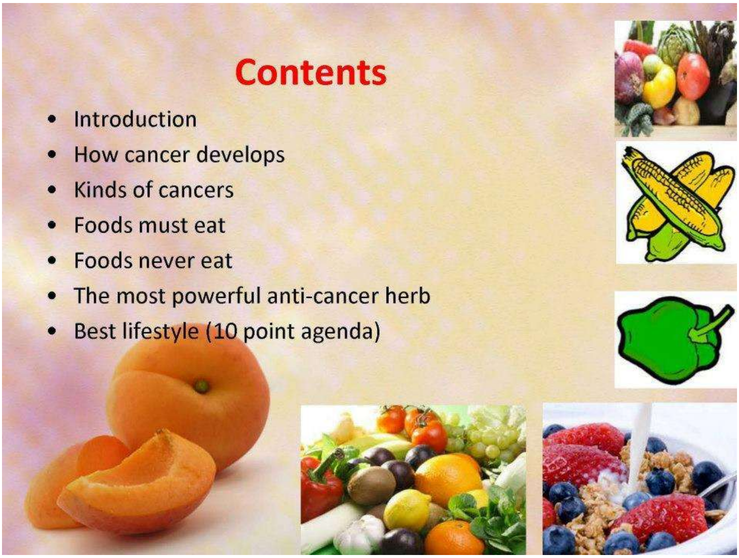
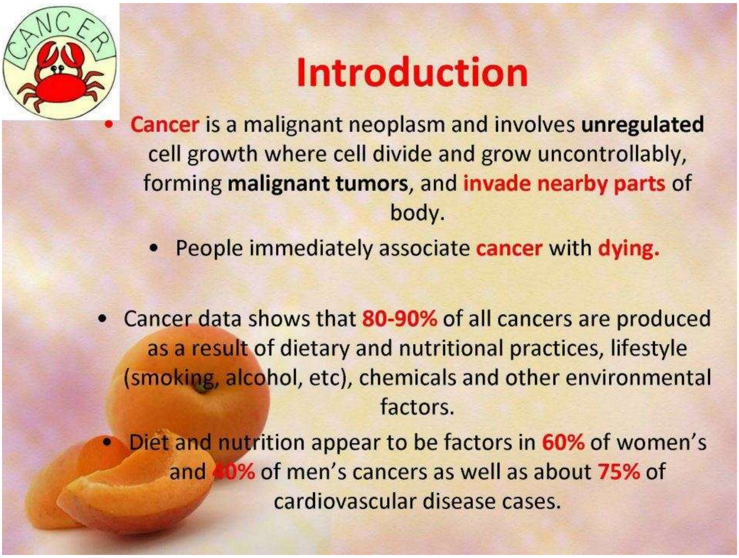
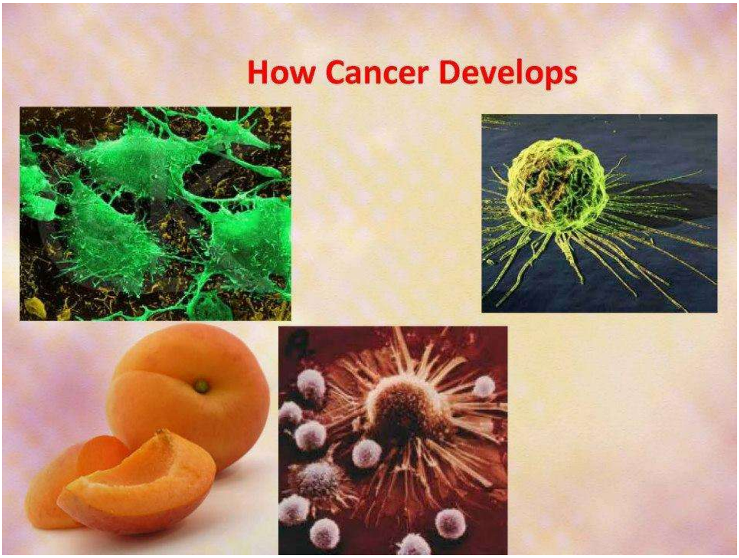
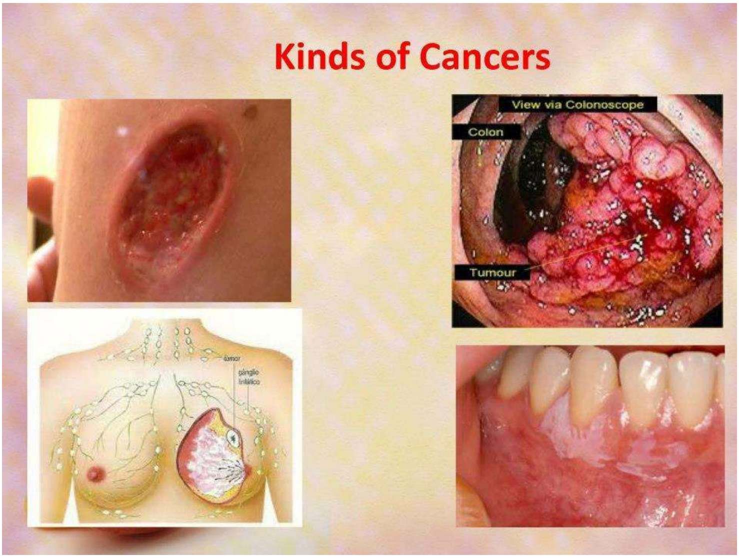
College Road, Lahore
Cell: 0321.430.2528; dietcare@gmail.com

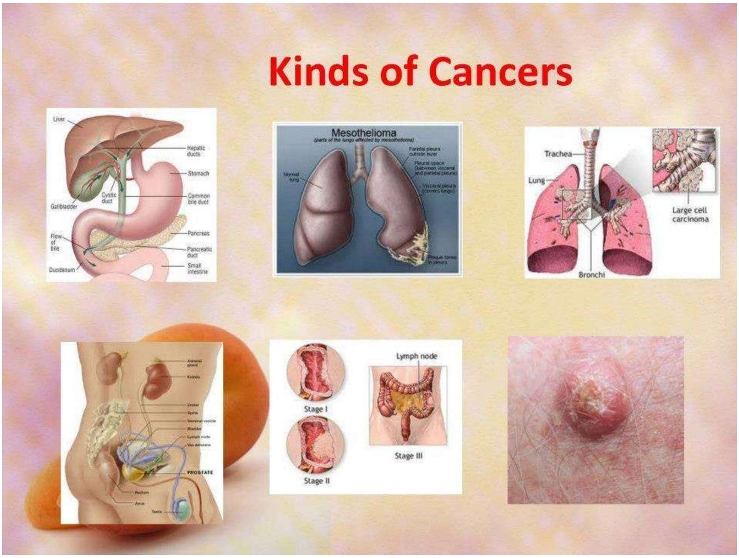

Contents
• Introduction
• How cancer develops
• Kinds of cancers
• Foods must eat
• Foods never eat
• The most powerful anti-cancer herb
• Best lifestyle (10 point agenda)


CANCER
Introduction
• Cancer is a malignant neoplasm and involves unregulated cell growth where cell divide and grow uncontrollably, forming malignant tumors, and invade nearby parts of body.
• People immediately associate cancer with dying.
• Cancer data shows that 80-90% of all cancers are produced as a result of dietary and nutritional practices, lifestyle (smoking, alcohol, etc), chemicals and other environmental factors.
• Diet and nutrition appear to be factors in 60% of women's and 40% of men's cancers as well as about 75% of cardiovascular disease cases.


How Cancer Develops

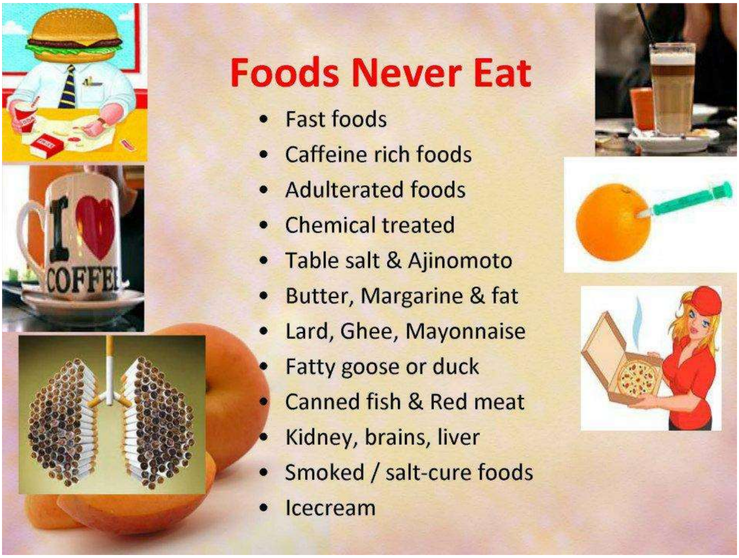

Kinds of Cancers
View via Colonoscope
Colon
Tumour

Foods Must Eat
• High fiber foods
• Skin-less poultry
• All fresh fish
• Lush green veggies
• All beans, soybean
• Tomato
• Green tea
• Spices
• Whole grain
• Flaxseed



Good & Bad Foods

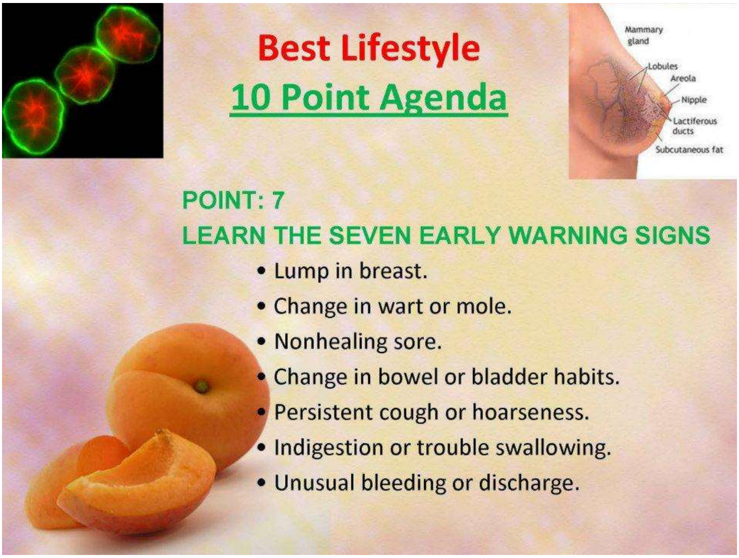
Good Foods	Bad Foods
Dairy Group:	
Skim milk or 1% fat, Low fat cheese, yogurt, Churned Lussi, Packed milk	Whole milk, Full fat cheese/ yogurt, Full fat yogurt lussi with perra (a sweet), Open adulterated milk, Raw milk
Meat Group	
White meat (broiler & sea-fish)	Broiler leg piece, Red meat esp. beef, Bar-BQ, Hareesa, Siri paey, Brain masala
Grain Group	
Whole wheat, maize, barley, oat, rice	De-hulled grains, Pure starch, Less fibrous foods, Dense spicy foods, Polished rice

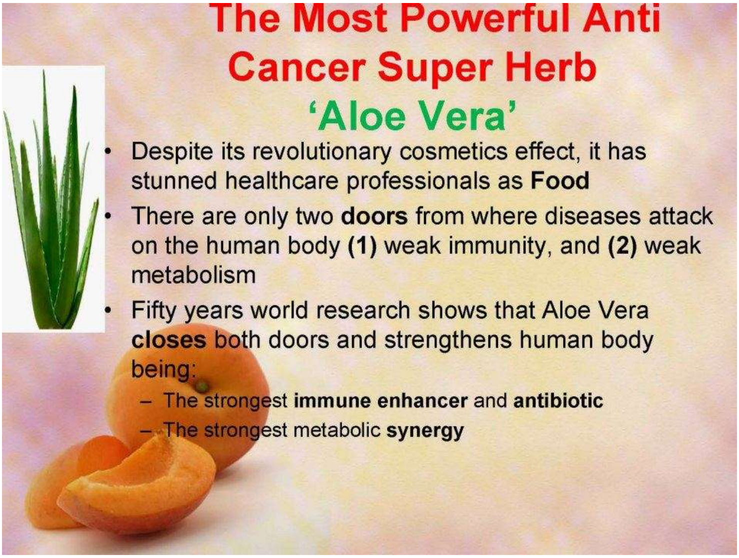


Good Foods	Bad Foods
Seed & Nut Group	
All seeds, beans and nuts esp. flaxseed, pea, gram, soybean	Nil
Inorganic Foods	
Black salt, Calcium salt, Brown sugar	Table salt, Ajinomoto, White sugar, Artificial sweeteners
Liquid Group	
Clean drinking water, Standardized bottled water / mineralized	Polluted drinking water, Substandard bottled water, Fruit juices, Soda (pepsi, coke, 7-up, etc.), Black tea or blended with milk & sugar, Kashmiri tea, Coffee in any form, Hot chocolate, Alcohol

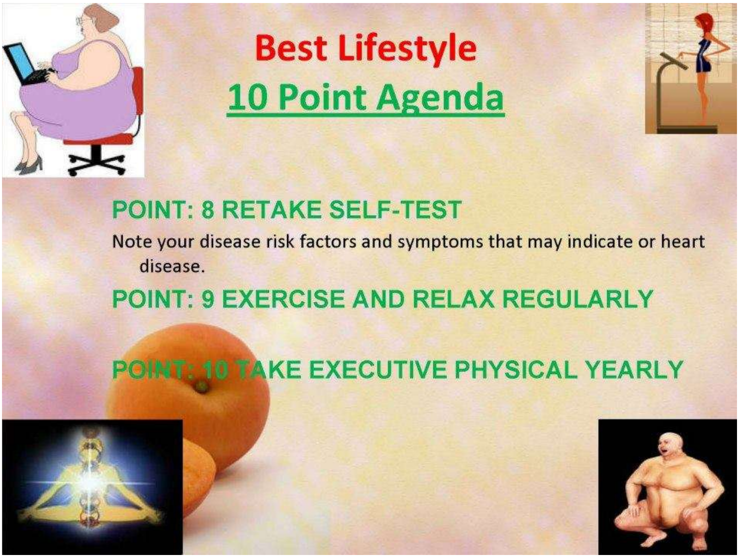
Best Lifestyle
10 Point Agenda
POINT: 2 QUIT TOBACCO
Do not smoke, chew, or snuff. Do not inhale other people's smoke.
POINT: 3 AVOID ALCOHOL
Avoid all alcohol or consume only minimal amount (less than one drink per week).
POINT: 4 AVOID RADIATION
Have X rays taken only when needed. Use a sunscreen with an SPF of at least 15 when sunbathing.
POINT: 5 GOOD ENVIRONEMENT
Keep air, water, and work place clean. Regulate electromagnetic fields.
POINT: 6 AVOID HORMONES & DRUGS
Avoid promiscuity hormones, and any unnecessary drugs.

Best Lifestyle
10 Point Agenda
POINT 1: CARE FOR NUTRITION
• Maintain an ideal weight. Lose weight even if it is just 5 or 7 pounds.
• Decrease the number or daily calories.
• Eat a low-fat low-cholesterol diet: fish especially those rich in omega-3 fatty acids; poultry without skin; and skim-milk products (not whole, 2 percent, or 1 percent milk). Limit red meat, including luncheon meat. Limit oils and fats.
• Eat lots of fiber (25to 30 grams a day). Include fruits, vegetables, cereals, and a supplement of fiber to obtain a consistent amount each day (guar gum, bran, etc.). High-fiber cereals are the best.
• Supplement your diet with certain vitamins and minerals in the proper dosages and combinations for your lifestyle
• Eliminate salt and food additives.
• Limit barbecued, smoked or pickled foods.
• Avoid caffeine.


Best Lifestyle
10 Point Agenda
Mammary gland
Lobules
Areola
Nipple
Lactiferous ducts
Subcutaneous fat
POINT: 7
LEARN THE SEVEN EARLY WARNING SIGNS
• Lump in breast.
• Change in wart or mole.
• Nonhealing sore.
• Change in bowel or bladder habits.
• Persistent cough or hoarseness.
• Indigestion or trouble swallowing.
• Unusual bleeding or discharge.


The Most Powerful Anti Cancer Super Herb
'Aloe Vera'
• Despite its revolutionary cosmetics effect, it has stunned healthcare professionals as Food
• There are only two doors from where diseases attack on the human body (1) weak immunity, and (2) weak metabolism
• Fifty years world research shows that Aloe Vera closes both doors and strengthens human body being:
– The strongest immune enhancer and antibiotic
– The strongest metabolic synergy

Thank You All
See You
Next
Time
(20-Feb-12)
Windows
We suck more!
and that's guaranteed


Best Lifestyle
10 Point Agenda
POINT: 8 RETAKE SELF-TEST
Note your disease risk factors and symptoms that may indicate or heart disease.
POINT: 9 EXERCISE AND RELAX REGULARLY
POINT: 10 TAKE EXECUTIVE PHYSICAL YEARLY

ماہانہ ڈائٹ کیئر
لاہور
Monthly News Bulletin
Dietcare
Lahore
Sharing global information on Diet, Food & Nutrition
First ever publication in Pakistan
FDRC
مصنوعی دودھ کی ایجاد
milk
High-Fiber Foods
Why You Need Dietary Fiber
Dietary Fiber
Types of Dietary Fiber
High-Fiber Foods
Fiber Supplements
DIET
Editorial Food Crisis Threatens Health and Economy
August 2008

غذا... بیماریوں کے خلاف پہلا ہتھیار
ہم اور دنیا
Dr. Sultan's Diet
September 2008

Oysters

Casanova reputedly ate 50 raw oysters every morning to provide him with the stamina that he needed! Oysters are a popular aphrodisiac; they are very nutritious and packed with vitamins and minerals. They are low in fat, rich in protein and high in zinc, which is important for male sex drive.

Tomatoes

Tomatoes are believed to reduce the risk of cancer as they are good source of lycopene, a red colored carotene. Lycopene is well known in controlling oxidation in our metabolism which is considered root cause of cancers. Consuming a cup of tomato juice daily reduces rickets, constipation, appendicitis, liver complaints and dyspepsia because of having vitamin C & some B, carotenoids, potassium, chlorogenic acid and folic acid.

Different Nutritional Guidelines for Men and Women

Harvardhealth@atmedicausa.com

Most household women are still in charge of nutrition. They stock the pantry, plan the menus, and fill the plates. In most households It's a good thing, since the average woman knows more about nutrition than the average man. But when it comes to optimal nutrition, there are differences between the sexes. The differences are subtle, but they may affect a man's health. Here is a quick summary of the similarities and differences in dietary guidelines.

Calories

Men and women are 98.5% identical in their DNA, and their nutritional needs are more similar than different. That's certainly true of calories; in this case, at least, men act just like big women. A person's caloric requirement depends on his body size and exercise level. On an average, a moderately active 125-pound woman needs 2,000 calories a day; a 175-pound guy with a similar exercise pattern needs 2,800 calories. And like women, men will lose weight only if they burn more calories than they take in.

Protein

Here, too, body size is the main difference between the needs of males and females. For a 125-pound woman, that amounts to about 42 grams, for a 175-pound man, 58 grams. Protein should provide about 15% of a healthy person's daily calories. As a rule of thumb, people of both sexes and any size will do fine with about 60 grams of protein a day. Excess dietary protein increases calcium loss in the urine, perhaps raising the risk for osteoporosis ("thin bones", more a worry for women) and kidney stones (a particular worry for men).

Carbohydrates

Carbs are gender-neutral. Carbohydrates should provide 45% to 65% of your daily calories. Most of those calories should come from the complex carbohydrates in high-fiber and unrefined foods, such as bran cereal and other whole-grain products, brown rice, beans and other legumes, and many fruits and vegetables. These carbohydrates are digested and absorbed slowly, so they raise the blood sugar gradually and don't trigger a large release of insulin. People who eat lots of these foods have higher HDL ("good") cholesterol levels and a lower risk of obesity, diabetes, and heart disease. A good amount of soluble fiber in the diet lowers LDL ("bad") cholesterol, and high-fiber diets reduce the risk of intestinal disorders ranging from constipation and diverticulosis to hemorrhoids. Men need more fiber than women: 38 vs. 25 grams a day before the age of 50 and 30 vs. 21 grams a day thereafter.

Simple sugars are another matter; they really are empty calories. You should limit your sugar consumption to 10% of your daily calories; for the average person, that's about 60 grams or 12 teaspoons of table sugar.

Fat

The fats on the "bad" list are the same for men and women, but the fats on the "good" list are not. Both men and women should keep their total fat consumption below 30% to 35% of daily calories. Since fat is the most calorie-dense food (9 calories per gram), levels as low as 20% to 25% are appropriate when weight is an issue. Make up the difference by including more unsaturated fats in your diet. Monounsaturated fats are healthful for both men and women; olive oil is a good source. The two omega-3 fatty acids found in fish are highly desirable for both sexes. But the vegetable omega-3 is a different matter.

The problem omega-3 is alpha-linolenic acid (ALA). It is particularly abundant in canola oil and flaxseed oil. Like the marine omega-3s, ALA is good for the heart, but unlike fish oil, which may reduce the risk of prostate cancer, ALA may not be good for the prostate. The Harvard research from 1993 and 1994 prompted a number of similar investigations around the world. Four have supported a link between ALA and prostate cancer; three have not.

Vitamins

For most vitamins, the Recommended Daily Allowance (RDA) is the same for men and women.

Calcium

Like milk and meat, It's almost an article of faith that a lot of calcium is good for you. That may be true for mothers and other women, but it may not be so true for fathers and other men. Calcium is important for women; a high-calcium diet may help lower their risk of osteoporosis. Although it's less common, men can get osteoporosis, too; but there is much less evidence that dietary calcium is protective for men. Calcium may even be harmful for men, at least in large amounts.

Iron

There's not much doubt about this one: Women need more iron than men, because they lose iron with each menstrual period. After menopause, of course, the gap closes. The RDA of iron for premenopausal women is 18 mg a day, for men 8 mg. Men should avoid excess iron.

Other minerals

The tiny gender differences in minerals other than calcium and iron depend on body size.

You are what you eat

It's true for both men and women. And it's also true that a healthy, balanced diet is best for both genders. But there are differences; the fine print of nutrition is one more way that the sexes are opposite.

Comments by Dietcare Board

No comments, since article is self-explanatory.

◀◀◀◀

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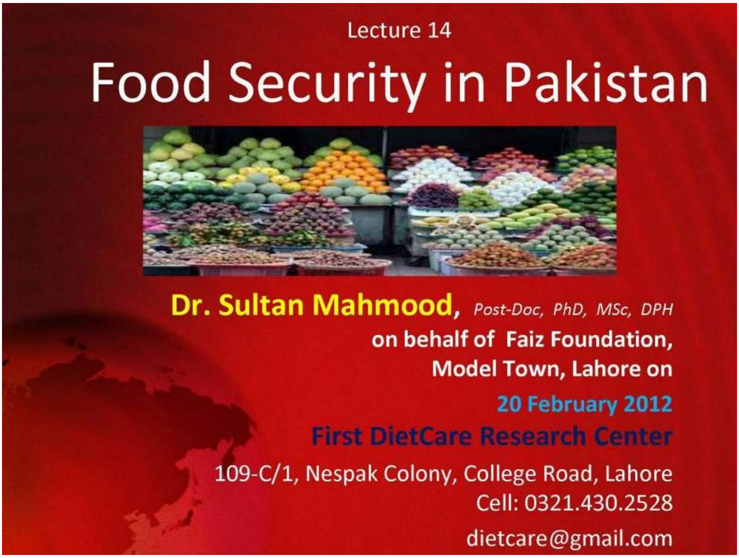
The information contained in the Dietcare is pooled from reliable global resources of Food, Diet & Nutrition. It is not necessarily the personal or institutional opinion of the NGO Feed Well People.
The Forum for Environment, Economic Development and welfare of People (Feed Well People) is non profit social advocacy NGO and monthly Dietcare is its official organ. Feed Well People mounts continuing education programs in health, environment, education and economics. It presses for changes in government and corporate policies.

ہم اور دنیا

چائے سے کینسر، دل اور سر درد کی بیماریاں دور ہوتی ہیں: ماہرین

تبصرہ

ڈائیٹ کیئر کے بارے میں


Lecture 14
Food Security in Pakistan
Dr. Sultan Mahmood, Post-Doc, PhD, MSc, DPH
on behalf of Faiz Foundation,
Model Town, Lahore on
20 February 2012
First DietCare Research Center
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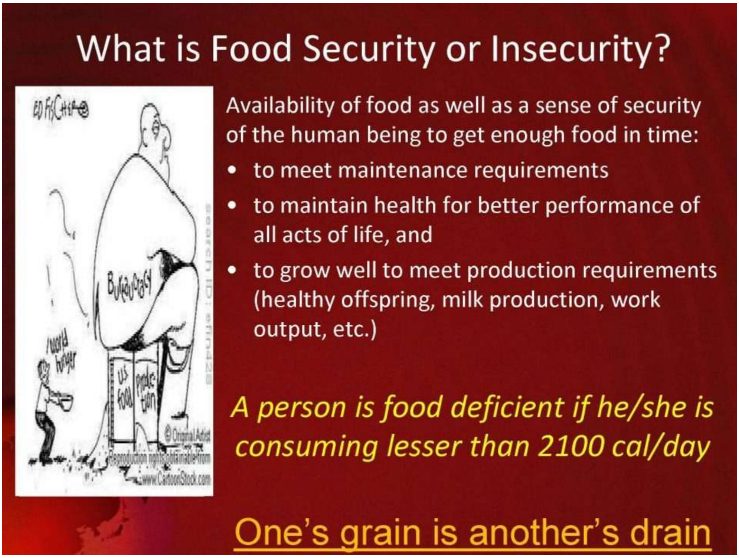
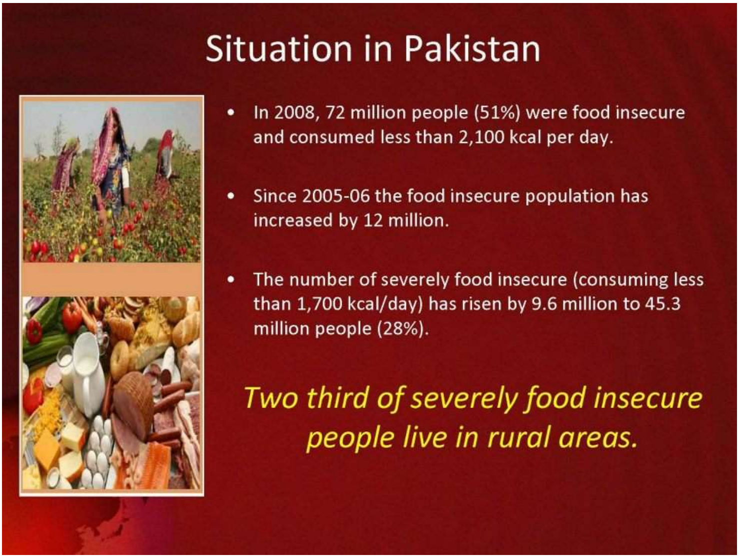
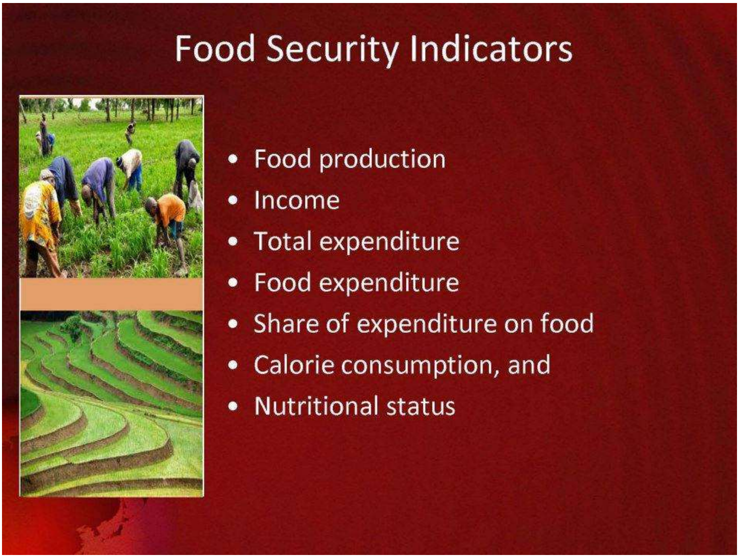
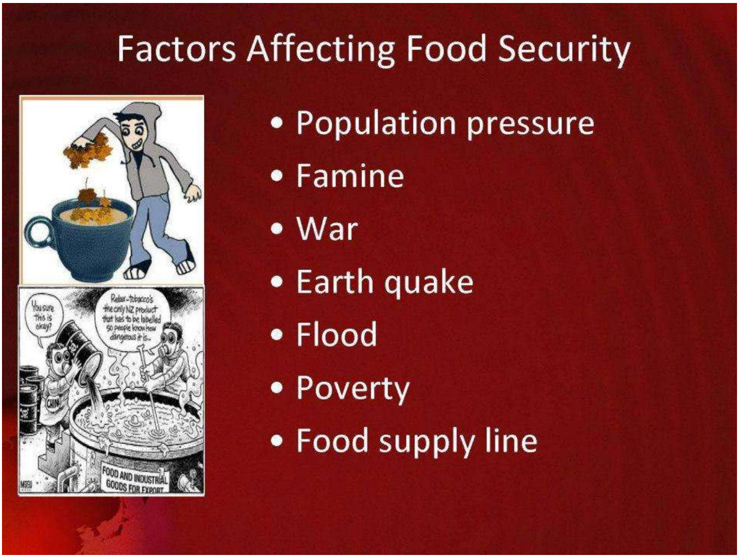
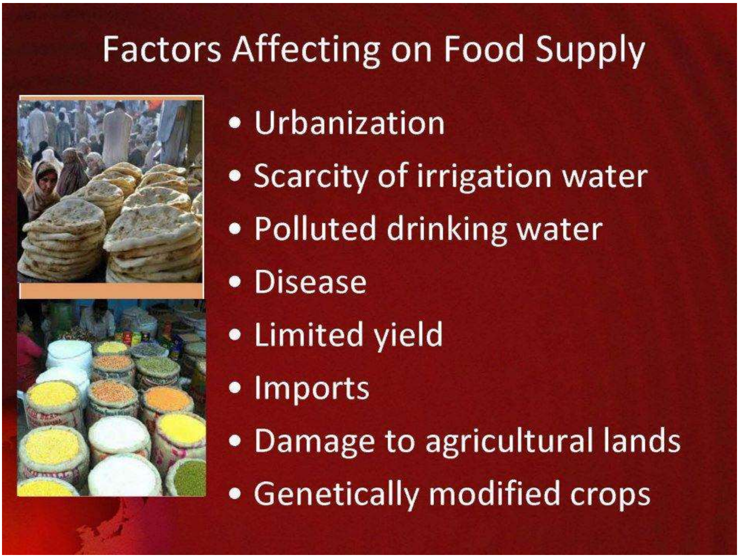

What is Food Security or Insecurity?
Bureaucracy
world hunger
US food production
www.CartoonStock.com
Availability of food as well as a sense of security of the human being to get enough food in time:
• to meet maintenance requirements
• to maintain health for better performance of all acts of life, and
• to grow well to meet production requirements (healthy offspring, milk production, work output, etc.)
A person is food deficient if he/she is consuming lesser than 2100 cal/day
One's grain is another's drain


Situation in Pakistan
In 2008, 72 million people (51%) were food insecure and consumed less than 2,100 kcal per day.
Since 2005-06 the food insecure population has increased by 12 million.
The number of severely food insecure (consuming less than 1,700 kcal/day) has risen by 9.6 million to 45.3 million people (28%).
Two third of severely food insecure people live in rural areas.


Food Security Indicators
Food production
Income
Total expenditure
Food expenditure
Share of expenditure on food
Calorie consumption, and
Nutritional status


Factors Affecting Food Security
• Population pressure
• Famine
• War
• Earth quake
• Flood
• Poverty
• Food supply line


Factors Affecting on Food Supply
• Urbanization
• Scarcity of irrigation water
• Polluted drinking water
• Disease
• Limited yield
• Imports
• Damage to agricultural lands
• Genetically modified crops

Sustainable Food System
Sustainable Food Systems
A Healthy, Sustainable Food System focuses on:
• Local, seasonal foods
• Health of the population
• Building communities
• Local economic development
• Supporting local producers, processors, distributors & retailers
Environmental Health
Social Equity & Human Health
Economic Vitality

Solution / Answer to Food In-Security
1. Population planning
2. Biodiversity
3. More food production (agriculture/livestock)
4. Enforcement of food regulations
5. Consumer behavior
• Food information
• Link of nutrition with health
• Skipping one meal daily for others
• Learning about hunger, poverty & food insecurity

Solution / Answer to Food In-Security
The Four Main Components of Food Security
1. AVAILABILITY
There is a reliable and consistent source of quality food.
2. ACCESS
People have sufficient resources to produce and/or purchase food.
FOOD SECURITY AND NUTRITION
4. STABILITY
People's ability to access and utilize food that remains stable and sustained over time.
3. UTILIZATION
People have the knowledge and basic sanitary conditions to choose, prepare, and distribute food in a way that results in good nutrition.
Availability
Access
Food Security
Stability
Utilization
6. Combat hunger & malnutrition and its causes
7. Expand international trade
8. Foster and encourage private enterprise
9. Reduce food wastage

THANK YOU FOR YOU INTEREST
THINK!!
How to end hunger in your community?

Understanding Herbs

Dr. Sultan Mahmood

Definition

Herbs are plants with all shapes, e.g.

- Tree
- Shrub, or
- Grass

and have common features, like:

- Leaves
- Seeds
- Flowers
- Bark
- Branch

Uses

1. Herbs have a variety of uses including
   - Culinary or cooking
   - Medicinal
   - Perfuming and flavoring
   - Spiritual
2. In spiritual use any of the parts of the plant might be considered but culinary or medicinal use is related to some parts

Types

1. Culinary herbs

Culinary herbs are distinguished from veggies, like spices, they are used in small amounts and provide flavor rather than substance to food

Thyme, lavender, parsley, basil, rosemary (a shrub) and **bay laurel** (a tree) are used as both an herb and a spice, such as **Dill** weed and Dill seed or **Coriander** leaves and seeds

Medicinal herbs

- We will not discuss **misnomer herbs** like salt, which is a mineral, nor the **fictional plants** such as aglaophotis, or **recreational drugs** such as tobacco.
- We may discuss some plants used primarily as **herbal tea or tisanes**, or for plant products that are purely medicinal, such as valerian.

Medicinal herbs

- Modern pharmaceuticals had their **origins** in crude herbal medicines, and to this day, many drugs are still extracted as fractionate/isolate compounds from raw herbs and then purified to meet pharmaceutical standards.
- Some herbs are used not only for culinary and medicinal purposes, but also for **psychoactive** and/or recreational purposes; one such herb is **cannabis**.

Sacred Herbs

3. Sacred herbs

Herbs are also used in many religions. For example,

- **Myrrh** and **frankincense** in Christianity
- **Nine Herbs Charm** in Anglo-Saxon Paganism
- **Neem** tree by the Tamils
- Holy **basil** or *tulsi* in Hinduism
- **Cannabis** by Rastafarians
- Plants may be used to induce spiritual experiences for rites of passage, such as **vision quests** in some native American cultures.
- The Cherokee Native Americans use **white sage** and cedar for spiritual cleansing.

Types

2. Medicinal herbs

Some herbs contain **Photochemical** that have effects on the body

There may be some effects when consumed in the small levels that typify culinary **spicing**, and some herbs are **toxic** in larger quantities. For instance, some types of herbal extract, such as the extract of **St. John's-wort** or of **kava** can be used for medical purposes to relieve depression and stress

Top Ten Best-Researched Medicinal Herbs

1. Garlic
2. Hawthorn
3. Ginkgo Biloba
4. Ephedra
5. Licorice
6. Bilberry
7. Echinacea
8. Milk Thistle
9. Astragalus
10. Ginseng

Health Benefits of Spices and Herbs

- Spices and especially herbs have long been used for medicinal purposes throughout the world. Moderate doses of many herbs can affect digestion, heart, brain functioning and more.
- See benefits of some herbs on the next slide:

Health Benefits

- **Allspice** is thought to be efficacious in the case of stomach ailments, and as an aid to digestion.
- **Anise** may relieve bloating and indigestion. It may also help to clear breathing passages when a person is suffering from congestion.
- **Basil** exhibits anti-inflammatory properties. It is a source for Vitamin K, iron, calcium, vitamin A, manganese, magnesium, vitamin C, and potassium. Good for the heart and digestion.
- **Caraway** is thought to help with bronchitis and also may have properties that help reduce bloating and cramping.

Health Benefits

- **Cardamom** is said to relieve stomach problems and heartburn.
- **Cayenne (red) pepper** is sometimes used to stimulate the circulatory as well as digestive systems.
- Chives health benefits include anti-inflammation, anti-carcinogenic , and antibiotic.
- Cinnamon is known to be a strong antiseptic. It also has anti-microbial and anti-clotting properties.
- Cloves are good for digestion and even can be used as a mosquito repellant.

Health Benefits

- **Marjoram** may help promote good digestion and relieve diarrhea. It may also work on the breathing passages by loosening mucus.
- **Nutmeg** helps stimulate the brain and also works as an anti-inflammatory. Use nutmeg in moderation as it is toxic in high doses.
- **Oregano** has been found to be effective against the Giardia amoeba in Mexico.
- **Parsley** may reduce cancer risk and be effective against atherosclerosis.
- **Peppermint** has been used to treat morning sickness and motion sickness.

Health Benefits

- **Coriander** is actually the seed of the cilantro plant. It is thought to be helpful in relieving headaches.
- **Garlic** has similar properties to onions in that it has antibiotic and anti-microbial properties. It is thought to help prevent heart disease and strokes.
- **Ginger** helps digest high-fat foods and breaks down proteins, making it very good for the digestion. It is also thought to be good against arthritis.

Summary

The health benefits of any particular herb or spice may vary from person to person. They also can have short-term or long-term effects. Most spices are not consumed in large amounts so the average person will not notice their effect. Even so, moderation is a virtue, and large doses of any spice or herb to achieve a desired health benefit should not be embarked upon without consulting a physician.

Health Benefits

- **Saffron** may be taken to ease fatigue. Some believe that it also strengthens the cardio-vascular and nervous systems.
- **Tarragon** can stimulate the appetite. In some cases it has been known to relieve gas.
- **Thyme** has an effect on cramps. Some anecdotal evidence suggests that it can also help to relieve sore throats.
- **Turmeric** (a spice commonly used in curry) is thought to ameliorate the risk of gallstones. It also has anti-inflammatory properties.

1. Garlic (Lehsan)

Benefits

- Anthelmintic
- Anti rheumatic
- Anti cholestrolemic
- Anti diabetic
- Blood purifier
- Carminative
- Disinfectant

TOP MEDICINAL HERBS

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At

Faiz Ghar, 126-F, Model Town, Lahore

19-March-2012

2. Cumin / Caraway (Zeera)
Benefits
• Anthelmintic
• Anti-diarrhoeal
• Ant-dyspeptic
• Anti-flatulant
• Astringent
• Diuretic
• Stomach aid

4. Aloe Vera (Kuar Gandal)
Benefits
• Anthelmintic
• Laxative
• Skin aid, sun blocker
• Stomach tonic
• Immune enhance
• Anti diabetic
• Resolvent

3. Onion (Piaz)

Benefits

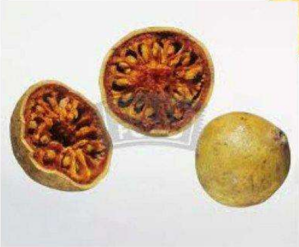
- Anti ulcerative
- Anti septic
- Aphrodisiac
- Diuretic
- Hypoglycemic
- Expectorant
- Digestive

5. Cinnamon (Darchini)

Benefits

- Anti-septic
- Anti-spasmodic
- Aphrodisiac
- Aromatic
- Astringent
- Carminative
- Stimulant

6. Bael Fruit (Bail gari)



Benefits
- Anti constipative
- Anti diabetic
- Anti dysenteric
- Anti pyretic
- Astringent
- Brain tonic
- Cardiac tonic

8. Honey (Shehad)

Benefits
- Anti septic
- Astringent
- Mild laxative
- Nutritive
- Detersive

7. Cardamom (Illaichi)

Benefits

- Appetizer
- Aromatic
- Astringent
- Carminative
- Diuretic
- Exhilarant

9. Betel Nut (Supari)

Benefits

- Anthelmintic
- Astringent
- Bronchial constrictive
- Gastric stimulant
- Masticator
- Resolvent

10. Asparagus (Sufaid Musli)

Benefits

- Anti diarrhoea
- Anti dysentery
- Anti spasmodic
- Aphrodisiac
- Nutritive
- Diuretic

12. Mustard (Rai)

Benefits

- Appetizer
- Decongestant
- Digestive
- Irritant
- Laxative
- Resolvent

13. Chili (Surkh Mirch)

Benefits

- Anti-constipative
- Aphrodisiac
- Cardiac tonic
- Carminative
- Counter irritant
- Stomach aid

11. Belladonna (Makkoh)

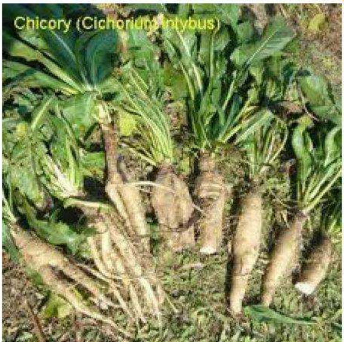
Benefits

- Anti-inflammatory
- Anti-diaphoretic
- Anti-spasmodic
- Cardiac tonic
- Diuretic
- Sedative

14. Chicory / Endive (Kasni)

Benefits

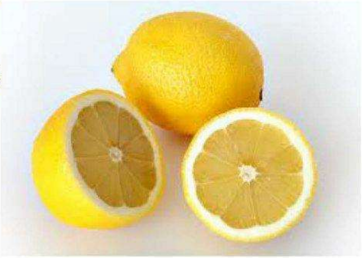
- Alterative
- Blood purifier
- Cooling
- Diuretic
- Sedative
- Resolvent



15. Lemon (Limun)

Benefits

- Carminative
- Immune enhancer
- Aromatic
- Hepato-protective
- Stimulant
- Diuretic



16. Turmeric (Haldi)

Benefits

- Alterative
- Analgesic
- Anti-inflammatory
- Anti-septic
- Blood purifier
- Vasodilator
- Expectorant

17. Ginger (Adrak)

Benefits

- Gastric aid
- Anti-depressant
- Anti-cancer
- Blood thinner
- Anti-arthritis
- Anti-diabetic cataract

19. Ginseng

Benefits

- Adaptive
- Radio-protective
- Promising supplement
- Anti-inflammatory
- Anti-cancer
- Sex stimulant
- Anti-aging

18. Licorice (Mallathi)

Benefits

- Anti-spasmodic cough
- Anti-cancer
- Anti-mouth ulcer
- Anti-peptic ulcer

20. Fennel (Saunf)

Benefits

- Carminative
- Purgative
- Anti-colic
- Diuretic
- Anti-hypertension
- Breast milk aid

21. Hyssop (Ajwain)

Benefits

- Digestive aid
- Cleansing effect
- Arromatic

22. Coriander (Dhania)

Benefits

- Anti-oxidant
- Anti-bacterial
- Diuretic
- Carminative
- Anti-tension
- Cholesterol lowering

25. Milk Thistle (Ont Katara)

Benefits

23. Clove (Long)

Benefits

- Carminative
- Dentistry aid
- Peristaltic aid
- Anthelmintic
- Anti-hiccough
- Skin tonic
- Muscle toner

24. Black Pepper (Kali Mirch)

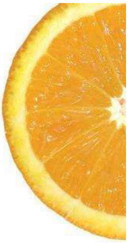
Benefits

26. Boarg (Gaozaban)

Benefits

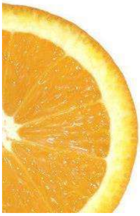
27. Violet (Banafsha)

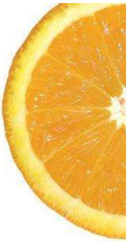
Benefits



28. Basel (Tulsi)

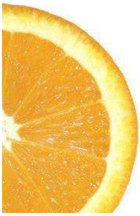
Benefits





29. (Manaqqa)

Benefits

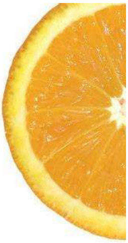


30. Fig (Anjeer)

Benefits

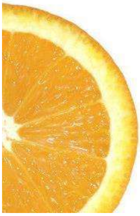
31. Olive (Zaitoon)

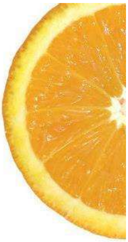
Benefits



32. Almond (Badam)

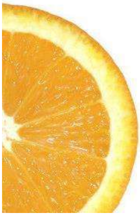
Benefits





33. Dry Ginger (Soonth)

Benefits



34. (Kalonji)

Benefits

35. Ephedra (Soum Kalpa)

Benefits

36. Ginko Biloba

Benefits

37. (Lasoori)

Benefits

38. (Jaifal)

Benefits

39. (Javatri)

Benefits

40. Mint (Podina)

Benefits

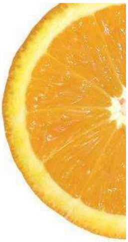
لیموں کا استعمال

بدہضمی: جن مریضوں کو کھانا ٹھیک طرح سے ہضم نہ ہوتا ہو وہ کھانے کے ساتھ 1/2 لیموں کو بطور سلاد استعمال کریں۔

مٹاپا: صبح وشام کھانے سے پہلے ایک کپ نیم گرم پانی میں ایک لیموں نچوڑ کر پینا مٹاپے کے لیے مفید ہے، مٹاپے سے نجات کے لیے یہ بھی ضروری ہے کہ سادہ غذا کا استعمال کیا جائے اور کھانا بھوک رکھ کر کھایا جائے۔

لمبے بالوں کے لیے: آملہ خشک سفوف کر کے لیموں کے رس کی مدد سے لیپ تیار کریں اور اسے بالوں کی جڑوں میں مل کر ایک گھنٹے کے بعد پانی سے دھو لیں، چند روز کا باقاعدہ استعمال بالوں کو لمبا، گھنا اور پرکشش بنا دیتا ہے

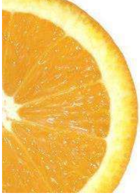
چہرے کے داغ دھبے: ہر روز صبح کے وقت لیموں کاٹ کر اس کے دونوں ٹکڑوں پر نہانے والا صابن لگا کر چہرے پر ملیں پھر بیس منٹ بعد نیم گرم پانی سے چہرہ دھو لیں چہرے کے داغ دھبوں اور چھائیوں کے لیے مفید تدبیر ہے۔



Dose

Totka

How to Use



7. Turmeric (Haldi)

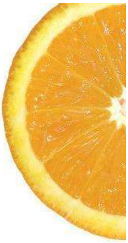
Benefits

- Alterative
- Analgesic
- Anti-inflammatory
- Anti-septic
- Blood purifier
- Vasodilator
- Expectorant

8. Ginger (Adrak)

Benefits

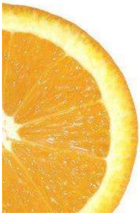
- Gastric aid
- Anti-depressant
- Anti-cancer
- Blood thinner
- Anti-arthritis
- Anti-diabetic cataract

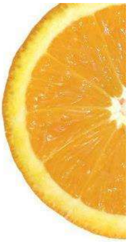


Totka

Dose

How to Use





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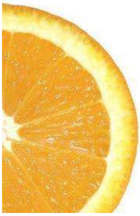
Dose

How to Use

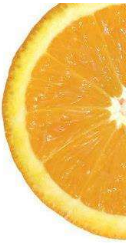


9. Licorice (Mallathi)

Benefits
- Anti-spasmodic cough
- Anti-cancer
- Anti-mouth ulcer
- Anti-peptic ulcer

10. Ginseng

Benefits
- Adaptive
- Radio-protective
- Promising supplement
- Anti-inflammatory
- Anti-cancer
- Sex stimulant
- Anti-aging



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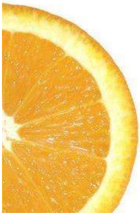
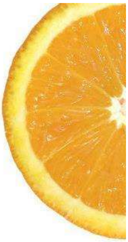
Dose

How to Use





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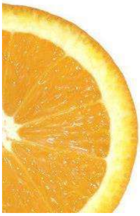
Dose

How to Use



Totka

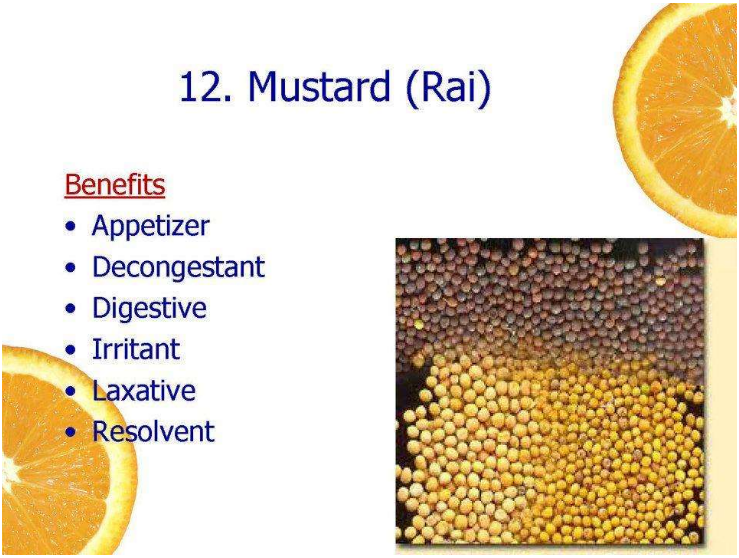
Dose

How to Use

11. Fennel (Saunf)

Benefits

- Carminative
- Purgative
- Anti-colic
- Diuretic
- Anti-hypertension
- Breast milk aid


12. Mustard (Rai)
Benefits
• Appetizer
• Decongestant
• Digestive
• Irritant
• Laxative
• Resolvent

1. Cinnamon (Darchini)

Benefits

- Anti-septic
- Anti-spasmodic
- Aphrodisiac
- Aromatic
- Carminative
- Stimulant
- Anti-diabetic
  - It is very effective in reducing blood sugar Levels.especialy if it is controlled by diet, are now being recommended to add a teaspoon of cinnamon to their daily diet. It is good sprinkled on porridge in the morning (Oats are good for lowering blood sugar too, So it is a good combination).

Caution

- Do not take cinnamon oil internally without the advise of your Physician; it is highly concentrated and can be very toxic, causing nausea, vomiting ,and even kidney damage. If applied to the skin, it sometimes causes redness and burning. Avoid Using cinnamon bark during pregnancy.

Dose

- Bark 1g to 2g
- Oil 0.05 to 0.2g/day

Totka

For Indigestion

Cinnamon Powder 1g OR Oil 3 to 5 drops in ½ teaspoon sugar Use with Water.

For Cough

Cinnamon Powder with equal Quantity of Honey. Use ½ teaspoon of the compound is the effective remedy for Phlegmatic cough.

For Amnesia

Cinnamon Powder 1g with Luke warm Milk is very Useful remedy for amnesia and short memory loss.

For Freckles etc

Cinnamon Powder 1/2g ,Vaseline 5g

Use as Cream is very effective for skin ailments.

NEXT 5 MEDICINAL HERBS (3)

18th Lecture by **Dr. Sultan Mahmood, PhD**

Chief Nutritionist, First Dietcare & Research Center

109-C/1, Nespak Colony, College Road, Lahore (0321.430.2528; dietcare@gmail.com

Mohammad Ahmad Saleemi

Editor, Qoumi Sehat, Qarshi Industries, Lahore

At

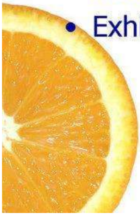
Faiz Ghar, 126-F, Model Town, Lahore

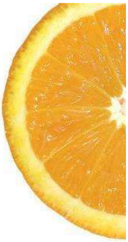
02-April-2012

2. Cardamom (Illaichi)

Benefits

- Appetizer
- Aromatic
- Astringent
- Carminative
- Diuretic
- Exhilarant





Dose
1g to 2 g
How to Use

الائچی

بھولنے کی عادت:

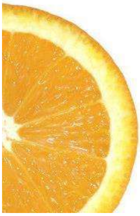
الائچی کا سفوف 1 گرام، 1 کپ نیم گرم دودھ کے ساتھ استعمال کریں،
بھولنے کی عادت میں مفید ہے اور حافظہ کو بہتر بنا دیتا ہے۔

لو کے اثرات:

الائچی کا سفوف 1 گرام، پانی یا شربت صندل کے ساتھ استعمال کریں،
لو اور گرمی کے اثرات سے محفوظ رکھتا ہے۔

پیشاب کی جلن:

الائچی 7 عدد، مغز بادام چھلے ہوئے 7 عدد، 1/2 لٹر پانی میں پانچ منٹ تک ابال کر
حسب ذائقہ چینی ملا کر وقفے وقفے 1/2، 1/2 کپ ساتھ استعمال کریں،



شربت الائچی:

اجزاء: الائچی 12 گرام، چینی 3 پاؤ، پانی 500 ملی لٹر

پہلے چھ گھنٹے الائچی، پانی میں بھگو رکھیں، پھر دس منٹ کے لیے ابال کر پن چھان لیں اور اس میں چینی کا قوام ملا کر شربت تیار کر لیں، ٹھنڈا ہونے پر کسی بوتل میں محفوظ کر لیں۔

بوقت ضرورت 4 چمچ (بڑے) ایک گلاس پانی میں ملا کر استعمال کریں۔

یہ شربت مفرح قلب ہونے کے علاوہ پیاس کو تسکین دیتا ہے اور گرمی کے اثرات سے بھی محفوظ رکھتا ہے۔

3. **Solanum nigrum**(Makkoh)

Benefits

- Anti-inflammatory
- Anti-diaphoretic
- Anti-spasmodic
- Cardiac tonic
- Diuretic
- Sedative

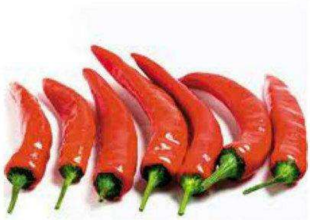
Part Used : Fruits, Whole Plant

Culinary:
In India, black nightshade (Makoh) berries are grown and eaten by local people. The dish is more common in Northern Tamil Nadu, Southern Andhra and Southern Karnataka.

4. Chili (Surkh Mirch)

Benefits

- Anti-constipative
- Aphrodisiac
- Cardiac tonic
- Carminative
- Counter irritant
- Stomach aid



- **Uses & Benefits**
  Medicinal:
- The juice of Makoh is sometimes used to treat fever and alleviate pain.
- Its fruit (Makoh Dana) is used as a cosmetic; as rubbing its seeds on the cheeks helps remove freckles. Children extensively eat the mature fruit. It has been used for diabetes as well.
- In Northern India, the boiled extracts of its leaves and fruits are used to alleviate the discomfort caused by liver-related ailments, even in jaundice.
- The leaves of black Makoh plant strongly promote perspiration, when ingested in small amounts. They work to purge the bowels the next day.
- The juice of the herb or an ointment prepared from it is externally applied to cure certain skin problems and tumors.
- A decoction of the stalk, leaves, and roots of black nightshade (Makoh) is beneficial for wounds and cancerous sores.
- An infusion of the plant is used as an enema in infants suffering from abdominal upsets.
- Freshly prepared extract of the plant is effective in treating cirrhosis of the liver and also works as an antidote to poisoning by opium.

Heart Stimulant:

it act as a heart stimulant, which regulate blood flow and strengthens the arteries, possibly preventing heart attacks. It Influences the heart immediately, and then gradually extends its effects to the arteries, capillaries,and nerves.

Stomach & Intestinal Tonic :

It stimulates the nerves of the stomach, promotes the secretion of the digestive juices, stimulates the peristaltic motion of the intestines, aids in assimilation and elimination.

Body Cooling Property:

Red Pepper has the ability to cool the body by producing sweat. Their cooling and calming effect keeps them in favour in hot climates. Their heat comes from capsaicin (an active Constituent), which is an oily substance and not water-soluble.

Caution:

Chili is safe if used in moderation but can cause problems in people with stomach problems and ulcers.

Dose:

Powder ½ to 1g with WATER

سرخ مرچ کا استعمال

نظام عصبی: مرچ میں پایا جانے والا جزو کیپسی سین (Capsacin) پٹھوں میں تحریک پیدا کرتا ہے اور قدرتی خودکار اعصابی نظام کے تحت پٹھوں کی ہیجان خیز کیفیت کو معتدل کرتا ہے، کیپسی سن نہ صرف دردوں کے لیے مفید ہے بلکہ جوڑوں کی سوزش میں بھی فائدہ کرتا ہے

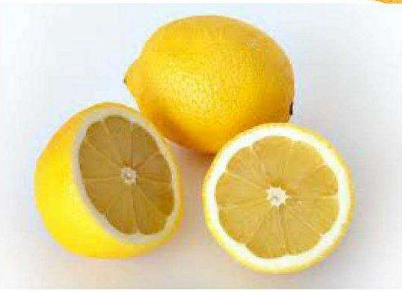
مٹاپا: سرخ مرچ کا باقاعدہ استعمال بے جا فربہی کے لیے مفید ہے، لہذا موٹے افراد کو سرخ مرچ کا استعمال معمول سے قدرے زیادہ کرنا چاہئے- تاہم احتیاط لازمی ہے-

ہیضہ: ہیضے کی شدت میں مرچ کے بیج 1 گرام، 2 کھانے کے چمچ پانی میں گھوٹ کر پن چھان کر پلائیں- ہیضے کا نڈھال مریض جلد ہی اٹھ بیٹھے گا، اسی طرح ہیضے کی وبا کے دنوں میں سرخ مرچ کے بیجوں کا سفوف اور ہینگ برابر وزن لے کر چنے کے برابر گولیاں بنالیں اور 1 گولی دن میں تین بار پانی کے ساتھ استعمال کریں ہیضہ نہیں ہوگا، یہی گولیاں اگر ہیضہ کے مریض کو بھی استعمال کرائی جائیں تو وہ بھی شفا یاب ہوجائے گا

5. Lemon (Limun)

Benefits

- Carminative
- Immune enhancer
- Aromatic
- Hepato-protective
- Stimulant
- Diuretic



لیموں کا استعمال

بدہضمی: جن مریضوں کو کھانا ٹھیک طرح سے ہضم نہ ہوتا ہو وہ کھانے کے ساتھ 1/2 لیموں کو بطور سلاد استعمال کریں۔

مٹاپا: صبح وشام کھانے سے پہلے ایک کپ نیم گرم پانی میں ایک لیموں نچوڑ کر پینا مٹاپے کے لیے مفید ہے، مٹاپے سے نجات کے لیے یہ بھی ضروری ہے کہ سادہ غذا کا استعمال کیا جائے اور کھانا بھوک رکھ کر کھایا جائے۔

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چہرے کے داغ دھبے: ہر روز صبح کے وقت لیموں کاٹ کر اس کے دونوں ٹکڑوں پر نہانے والا صابن لگا کر چہرے پر ملیں پھر بیس منٹ بعد نیم گرم پانی سے چہرہ دھولیں چہرے کے داغ دھبوں اور چھائیوں کے لیے مفید تدبیر ہے۔

Uses & Benefits

- **High Blood Pressure:**

  Lemon effect upon circulation include its ability to lessen high blood pressure, and helps stop nosebleeds.

- **Pain killing Properties:**

  Lemon effect upon circulation include its ability to lessen high blood pressure, and helps stop nosebleeds.

- **Dyspepsia:**

  Digestion can be improved due to its ability to alkalinize the body in this way, so that dyspepsia can be alleviated.

- **Support Immune System:**

  On the Immune system , lemon's antiseptic properties make it useful when colds, influenza, fever and infections are present.

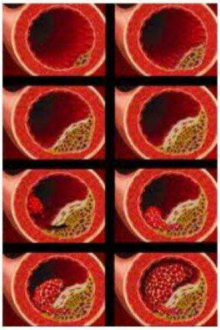
- **Anti-Narcotic:**

  Scientist have found lemon to be helpful in counteracting narcotic poisons, especially Opium.

Anti-Atherosclerotic Totka

Five Ingredients

1. Garlic
2. Ginger
3. Lemon
4. Apple Cider
5. Honey



HEART PROTECTING NATURAL TOTKA (4)

19th Lecture by **Dr. Sultan Mahmood, PhD**

Chief Nutritionist, First Dietcare & Research Center

109-C/1, Nespak Colony, College Road, Lahore (0321.430.2528; dietcare@gmail.com

Mohammad Ahmad Saleemi

Editor, Qoumi Sehat, Qarshi Industries, Lahore

At

Faiz Ghar, 126-F, Model Town, Lahore

16-April-2012

دل کی بند شریانیں کھولنے کا نسخہ

چند برس قبل ختم نبوت کانفرنس کے سلسلے میں ساہیوال جانا ہوا۔ اس سے ایک دن قبل بندے کو دل کی جگہ ہلکا درد ہوا اور پھر کافی گھبراہٹ اور طبیعت پر بوجھ رہا۔ کانفرنس میں حضرت مولانا بشیر احمد عثمانی' خطیب پاکپتن سے ملاقات ہوئی تو انہوں نے بتایا کہ ان کی انجیوگرافی ہو چکی ہے اور ڈاکٹروں نے بائی پاس تجویز کیا ہے۔ ڈاکٹروں نے ایک ماہ بعد کی تاریخ دی ہے۔ اس دوران انہیں ایک حکیم صاحب نے ایک نسخہ دیا جو وہ ایک مہینے تک استعمال کرتے رہے۔

مقررہ تاریخ پر وہ کارڈیالوجی سنٹر لاہور پہنچے اور وہاں سوا دو لاکھ روپے جمع کرائے۔ ڈاکٹروں نے معاینہ کیا اور ٹیسٹ لیے۔ اگلے دن بائی پاس ہونا تھا۔ ٹیسٹوں کی رپورٹیں دیکھنے کے لیے تین ڈاکٹروں کا بورڈ بیٹھا۔ انہوں نے پہلے اور بعد کی رپورٹیں دیکھیں' تو خطیب صاحب سے دریافت کیا کہ انجیوگرافی کے بعد تم نے کون سی دوا استعمال کی ہے؟ انہوں نے ڈاکٹروں کو نسخہ بتایا۔ ڈاکٹروں نے کہا کہ تمہاری تین بند شریانوں میں سے دو کھل چکی ہیں۔ نسخے کا استعمال جاری رکھیں شاید باقی ایک بھی کھل جائے۔ اب بائی پاس کی فی الحال قطعاً ضرورت نہیں۔ انہوں نے پھر جمع شدہ رقم واپس لی اور گھر آ گئے۔

مولانا حافظ بشیر احمد عثمانی نے از راہ کرم ایک بوتل تیار کر کے فقیر کو عنایت فرمائی اور نسخہ بھی بتا دیا جو یہ ہے:

۱......لیموں کا رس ایک پیالی۔ ۲......ادرک کا رس ایک پیالی۔ ۳......لہسن کا رس ایک پیالی۔ ۴......سرکہ سیب ایک پیالی۔ یہ چاروں ایک برتن میں ملا کر دھیمی آنچ پر نصف گھنٹے کے لیے رکھ دیں۔ جب ایک پیالی کم ہو کر تین رہ جائیں تو محلول اتار کر ٹھنڈا کر لیں اور پھر تین پیالی شہد ملائیں۔ آمیزہ اچھی طرح گھول کر اُسے بوتل میں محفوظ کریں۔ یومیہ نہار منہ تین چمچ محلول پی جایئے۔ انشاء اللہ! ایک دو ماہ میں دل کی بند شریانیں کھل جائیں گی' مجرب نسخہ ہے۔

(مرسلہ: چوہدری محمد دل شیر' اوکاڑہ)

1. Garlic (Lehsan)

Benefits

- Anthelmintic
- Anti rheumatic
- Anti cholestrolemic
- Anti diabetic
- Blood purifier
- Carminative
- Disinfectant

2. Ginger (Adrak)

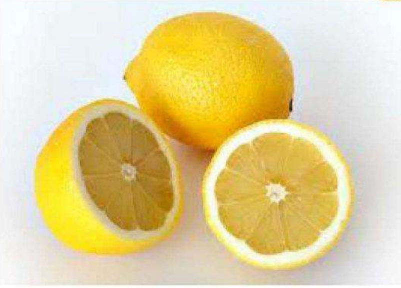
Benefits

- Gastric aid
- Anti-depressant
- Anti-cancer
- Blood thinner
- Anti-arthritis
- Anti-diabetic cataract

3. Lemon (Limoon)

Benefits

- Carminative
- Immune enhancer
- Aromatic
- Hepato-protective
- Stimulant
- Diuretic



لیموں کا استعمال

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4. Apple Cider Vinegar (Sirka)

Benefits

Cures

- Allergies
- Acid reflux
- Gout & arthritis
- Hyper-cholesterol
- Psoriasis
- Depression

Uses & Benefits

- **High Blood Pressure:**

  Lemon effect upon circulation include its ability to lessen high blood pressure, and helps stop nosebleeds.

- **Pain killing Properties:**

  Lemon effect upon circulation include its ability to lessen high blood pressure, and helps stop nosebleeds.

- **Dyspepsia:**

  Digestion can be improved due to its ability to alkalinize the body in this way, so that dyspepsia can be alleviated.

- **Support Immune System:**

  On the Immune system , lemon's antiseptic properties make it useful when colds, influenza, fever and infections are present.

- **Anti-Narcotic:**

  Scientist have found lemon to be helpful in counteracting narcotic poisons, especially Opium.

5. Honey (Shehad)

Benefits

- Anti septic
- Astringent
- Mild laxative
- Nutritive
- Detersive

Anti-Aging Aloe Vera

Dr. Sultan Mahmood, PhD
Chief Nutritionist
First Dietcare & Research Center (FDRC)
Lahore – 0321.430.2528
- On 30-Apr-2012 at Faiz Foundation, Lahore -

The Most Powerful Anti Aging

- Despite its revolutionary cosmetics effect, it has stunned healthcare professionals as **Food** (a herb & a veggie)
- There are only two **doors** from where diseases attack on the human body **(1)** weak immunity, and **(2)** weak metabolism
- Fifty years world research shows that Aloe Vera **closes** both doors and strengthens human body being:
  - The strongest **immune enhancer** and **antibiotic**
  - The strongest metabolic **synergy**

Why Anti-Aging

Because it controls most of the metabolic diseases, like:

1. Hyperglycemia or Diabetes
2. Hypertension or high blood pressure
3. Hyper-cholestrolemia
4. Gout / Arthritis
5. Obesity

Internal & External Application

Aloe Vera is effective when used both internally and externally

- Drink its water or eat gel
- Apply on all body skin

1. Aloe Vera gel as sun-block, anti-inflammatory and anti-aging agent.
2. It supports formation of new skin

How It Helps Immune System

- The immune supporting elements in aloe are not broken down by your body so they pass into your cells and circulatory system as they are in the plant.
- Aloe is a truly miraculous plant that has been known for too long in the medical history to be ignored.

Full Benefits are Still Secret

Reason

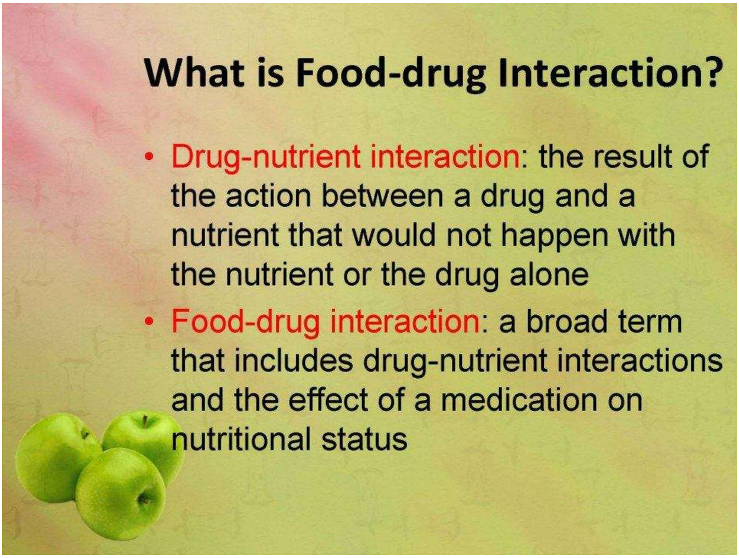
These natural ingredients can't be patented, controlled or owned by any drug company

"In clinical studies of whole-leaf Aloe Vera's internal and external uses during the past six months, I have personally witnessed mitigations or complete resolutions of the following:

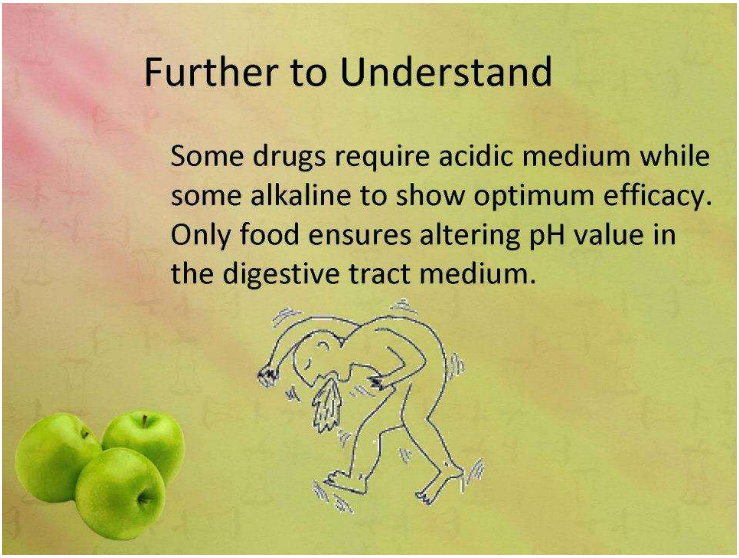
Abrasions
Colds
Herpes simplex & zoster
Staph infections
Acne
Colic
Menstrual cramps & irregularity
Ulcerations
Allergies
Denture (gum) sores
Nausea
Burns
Epstein-Barr virus
Chronic fatigue

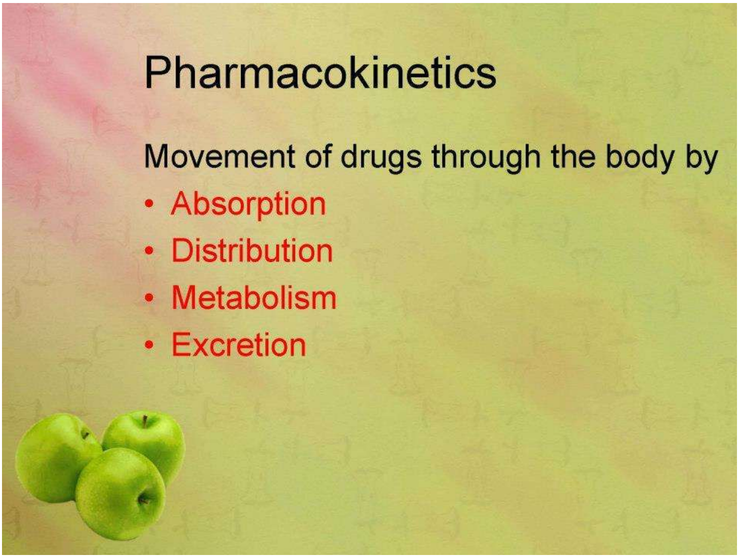
Hypertension
Stings
Actinic keratoses
Constipation
Infections
Sunburns
Ulcerative colitis
Arthritis
Dermatitis
Parasites (especially protozoan infections)
Vaginitis
Radiation dermatitis
Warts
Viral infections

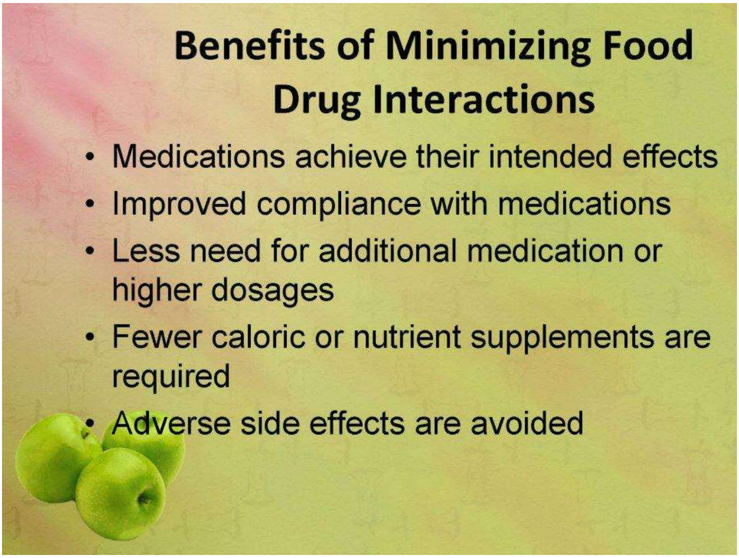
AIDS
Contusions
Insect bites
Tendinitis
Allergic reactions (reversal of anaphalaxis)
Dandruff
Boils
Diabetes
Peptic & duodenal ulcers
Varicose veins
Bruises
Edema
Psoriasis


What is Food-drug Interaction?
• Drug-nutrient interaction: the result of the action between a drug and a nutrient that would not happen with the nutrient or the drug alone
• Food-drug interaction: a broad term that includes drug-nutrient interactions and the effect of a medication on nutritional status

Faizghar Presentation # 21
Food Drug Interaction
Dr. Sultan Mahmood
Post-Doc, PhD, MSc, DPH
on behalf of Faiz Foundation,
Model Town, Lahore on
07 May 2012
First DietCare Research Center
109-C/1, Nespak Colony, College Road, Lahore
Cell: 0321.430.2528
www.dietcare.pk


Further to Understand
Some drugs require acidic medium while some alkaline to show optimum efficacy. Only food ensures altering pH value in the digestive tract medium.

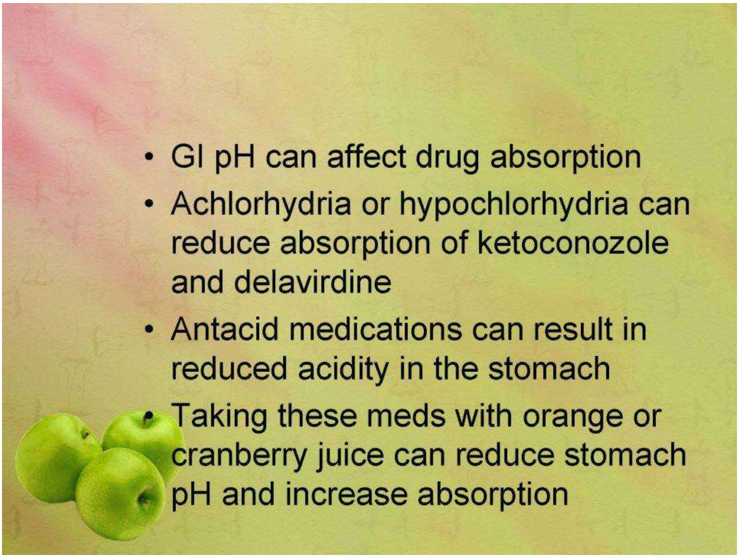

Pharmacokinetics
Movement of drugs through the body by
• Absorption
• Distribution
• Metabolism
• Excretion


Benefits of Minimizing Food Drug Interactions
• Medications achieve their intended effects
• Improved compliance with medications
• Less need for additional medication or higher dosages
• Fewer caloric or nutrient supplements are required
• Adverse side effects are avoided

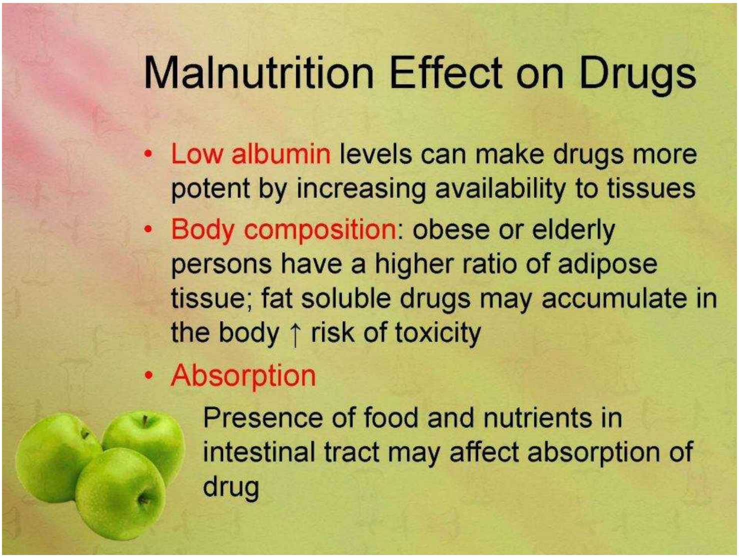
Benefits of Minimizing Food Drug Interactions
• Optimal nutritional status is preserved
• Accidents and injuries are avoided
• Disease complications are minimized
• The cost of health care services is reduced
• There is less professional liability
• Licensing agency requirements are met

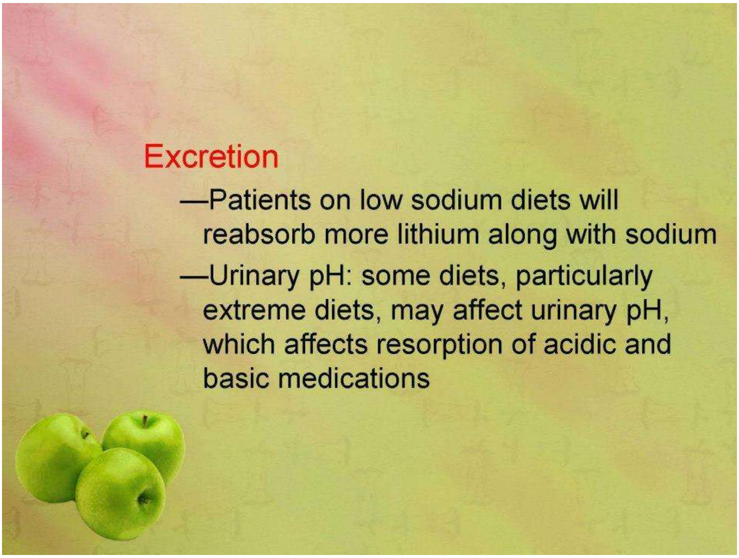
Patients at Risk
• Patient with chronic disease
• Elderly
• Fetus
• Infant
• Pregnant woman
• Malnourished patient
• Allergies or intolerances

Risk Factors
• Special diets
• Nutritional supplements
• Tube feeding
• Herbal or phytonutrient products
• Alcohol intake
• Polypharmacy
• Drugs of abuse
• Non-nutrients in foods


• GI pH can affect drug absorption
• Achlorhydria or hypochlorhydria can reduce absorption of ketoconozole and delavirdine
• Antacid medications can result in reduced acidity in the stomach
• Taking these meds with orange or cranberry juice can reduce stomach pH and increase absorption

Metabolism
Changes in diet may alter drug action
• High protein, low CHO diet can enhance clearance of many drugs
• Grapefruit/juice: inhibits the intestinal metabolism


Malnutrition Effect on Drugs
• Low albumin levels can make drugs more potent by increasing availability to tissues
• Body composition: obese or elderly persons have a higher ratio of adipose tissue; fat soluble drugs may accumulate in the body ↑ risk of toxicity
• Absorption
Presence of food and nutrients in intestinal tract may affect absorption of drug


Excretion
—Patients on low sodium diets will reabsorb more lithium along with sodium
—Urinary pH: some diets, particularly extreme diets, may affect urinary pH, which affects resorption of acidic and basic medications

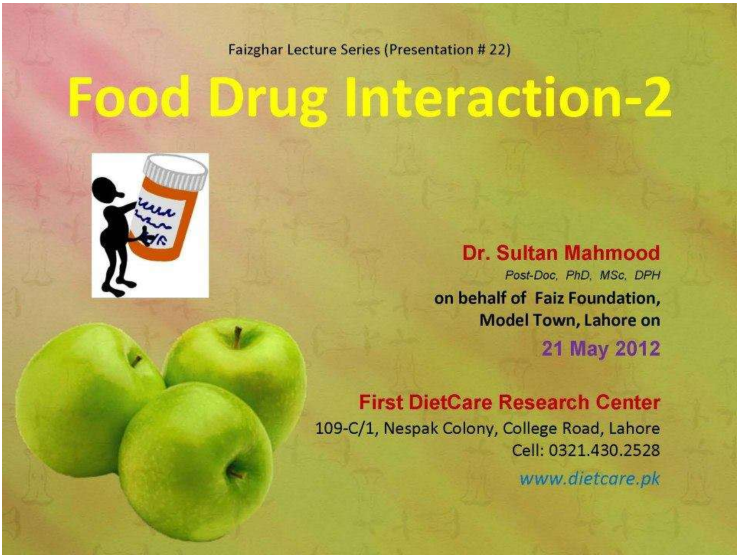
Drug Side Effects that Affect Nutritional Status
• Appetite changes
• Oral taste and smell
• Nausea
• Dry mouth
• Gastrointestinal effects
• Organ system toxicity
• Glucose levels

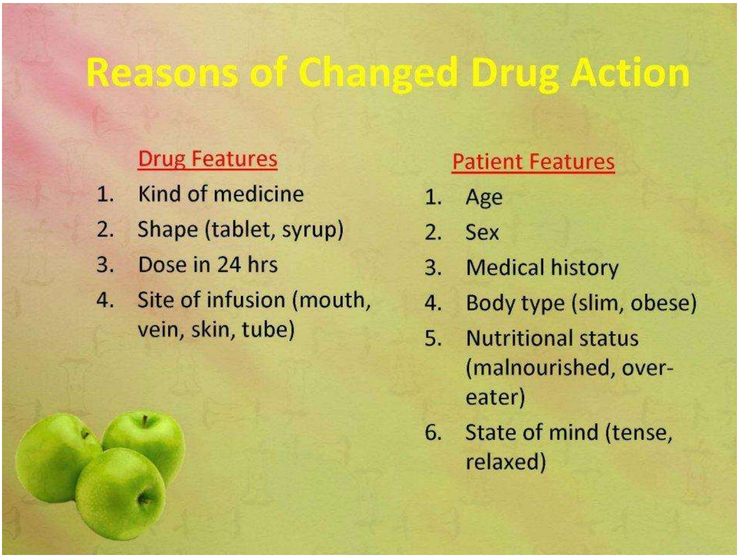
Drugs That May Increase Appetite
• Anticonvulsants
• Hormones
• Psychotropic drugs
—Antipsychotics
—Antidepressants, tricyclics, MAOIs

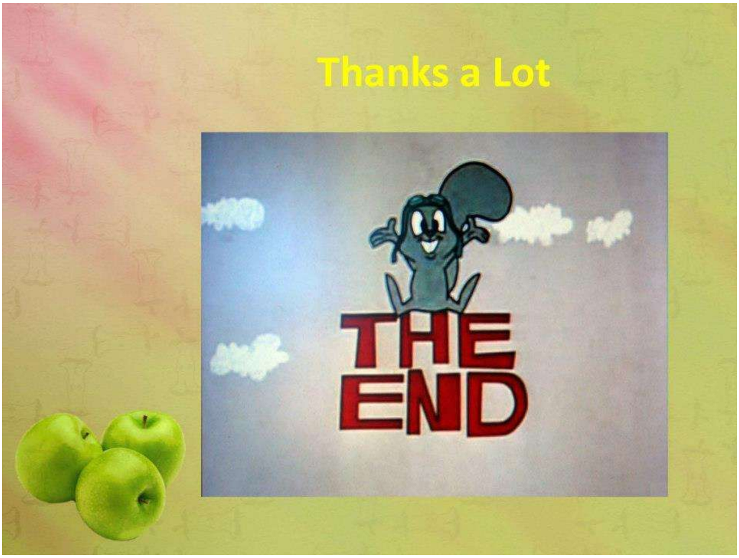
Summary

- Most drugs have nutritional status side effects.
- Always look for therapeutically significant interactions between food and drugs
- Identify and monitor high risk patients, those on multiple medications and marginal diets

Last but not least


Faizghar Lecture Series (Presentation # 22)
Food Drug Interaction-2
Dr. Sultan Mahmood
Post-Doc, PhD, MSc, DPH
on behalf of Faiz Foundation,
Model Town, Lahore on
21 May 2012
First DietCare Research Center
109-C/1, Nespak Colony, College Road, Lahore
Cell: 0321.430.2528
www.dietcare.pk

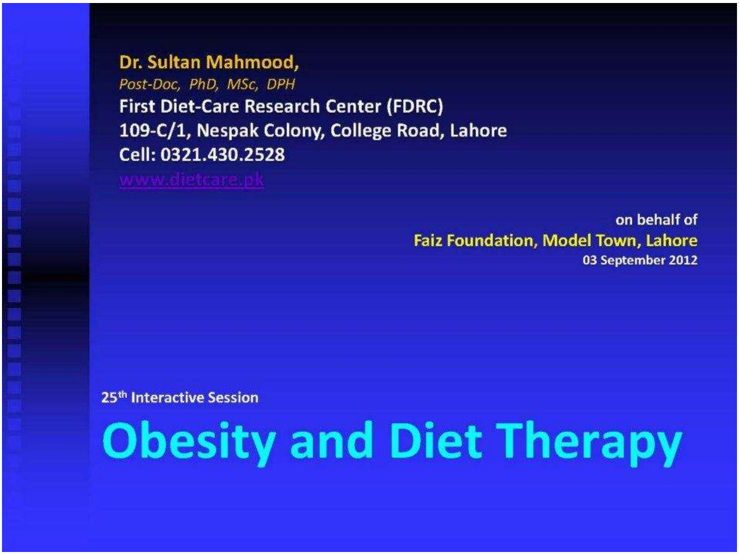

Reasons of Changed Drug Action
Drug Features
1. Kind of medicine
2. Shape (tablet, syrup)
3. Dose in 24 hrs
4. Site of infusion (mouth, vein, skin, tube)
Patient Features
1. Age
2. Sex
3. Medical history
4. Body type (slim, obese)
5. Nutritional status (malnourished, over-eater)
6. State of mind (tense, relaxed)

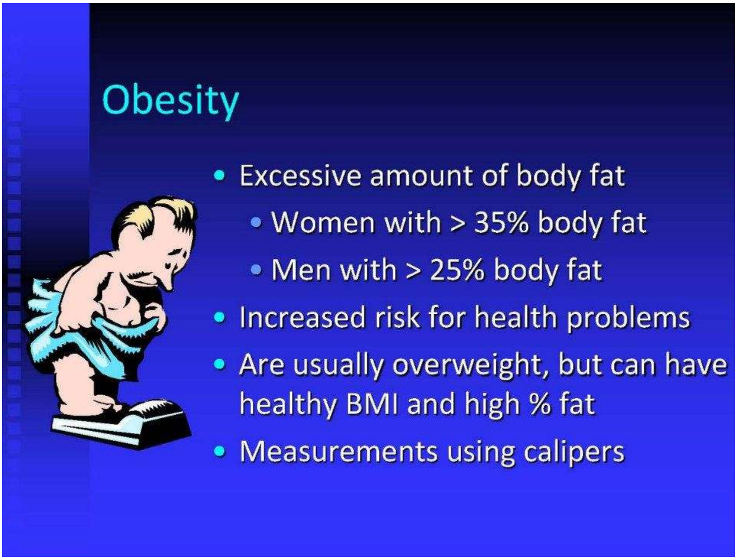


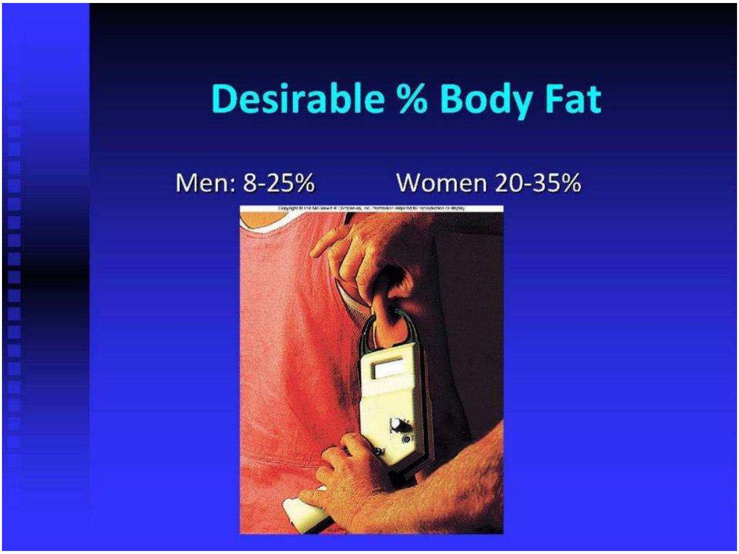
Some Interactions

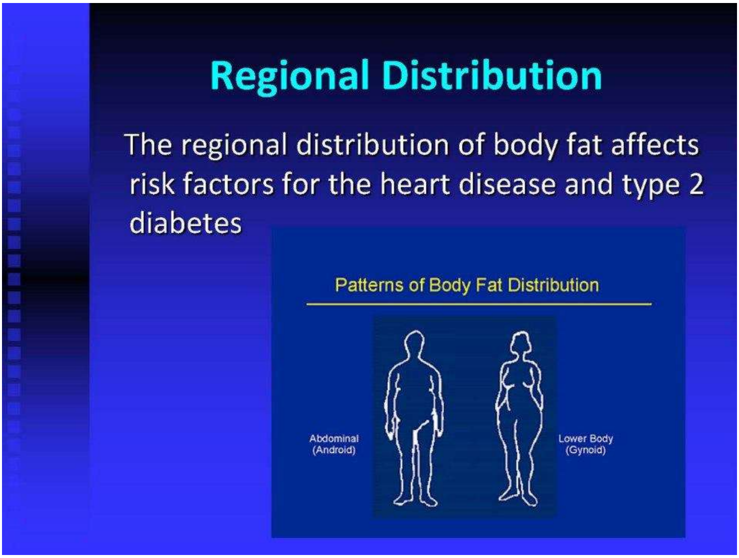
Drug	With	Impact on Body	What to Do?
Analgesic	Alcohol	Toxic liver	Avoid alcohol
Antibiotics	Dairy products	Slow absorption	Avoid milk
Anti-convulsion	Alcohol, Vit C	Dozing	Avoid alcohol
Anti-fungal	High fat foods	Rapid absorption	Reduce fatty foods
Anti-histamine	Alcohol	Dozing, sleepy	Avoid alcohol
Anti-hyper lepemic	All food	Rapid absorption	Take with food
Anti-hypertensive	Grape fruit juice	Rapid absorption	Avoid grapefruit
Anti-inflammatory	Alcohol	Liver failure	Take with milk
Diuretics	All foods	Soothes stomach	Take with food

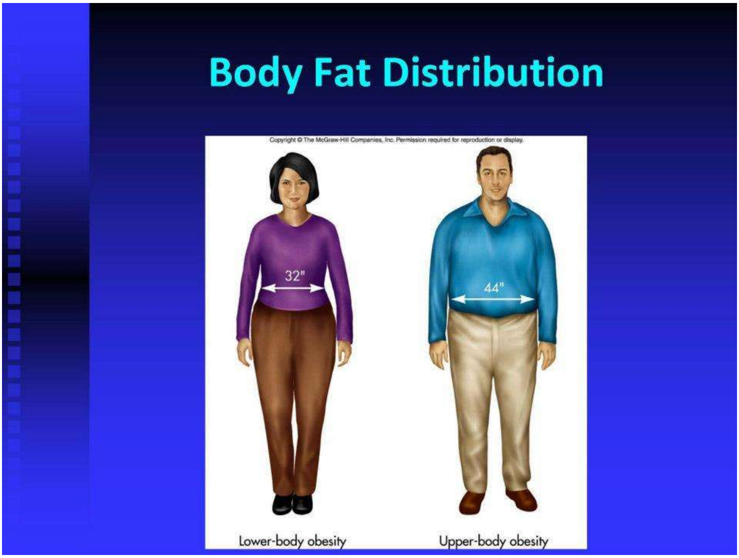
Quick Review of Last Lecture?
• Food-Drug Interaction is the effect of a medication on nutritional status & vice-versa
• Some drugs require acidic medium while some alkaline to show optimum efficacy. Only food ensures altering pH value in the digestive tract medium
• Patient at risk are who (1) have chronic diseases (2) elderly (3) fetus (4) infants (5) pregnant woman (6) malnourished, and (7) who have allergies or intolerances
• Taking medicines with orange or cranberry juice can reduce stomach pH and increase absorption
• Grapefruit/juice inhibits the intestinal metabolism
• High protein, low CHO diet can enhance clearance of drugs

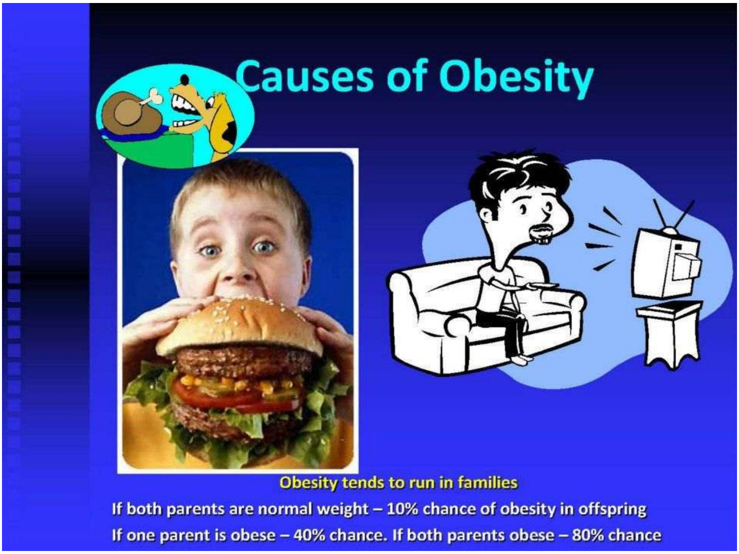

Dr. Sultan Mahmood,
Post-Doc, PhD, MSc, DPH
First Diet-Care Research Center (FDRC)
109-C/1, Nespak Colony, College Road, Lahore
Cell: 0321.430.2528
www.dietcare.pk
on behalf of
Faiz Foundation, Model Town, Lahore
03 September 2012
25th Interactive Session
Obesity and Diet Therapy


Obesity
Excessive amount of body fat
Women with > 35% body fat
Men with > 25% body fat
Increased risk for health problems
Are usually overweight, but can have healthy BMI and high % fat
Measurements using calipers


Desirable % Body Fat
Men: 8-25%
Women 20-35%

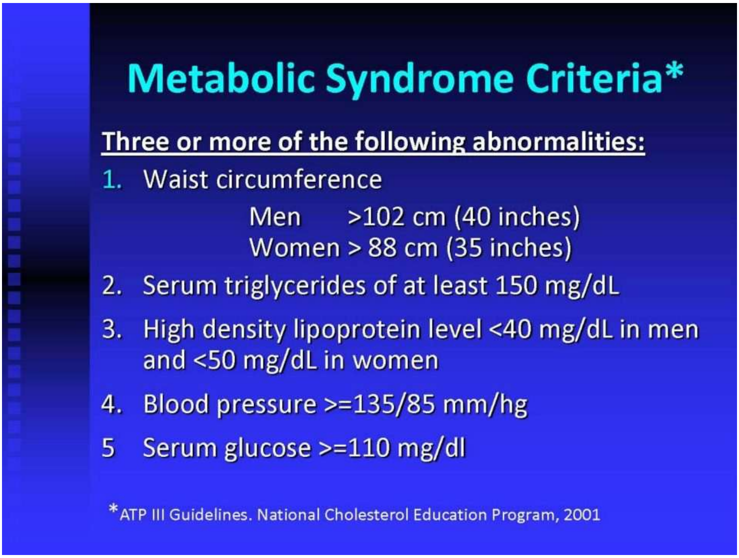

Regional Distribution
The regional distribution of body fat affects risk factors for the heart disease and type 2 diabetes
Patterns of Body Fat Distribution
Abdominal
(Android)
Lower Body
(Gynoid)

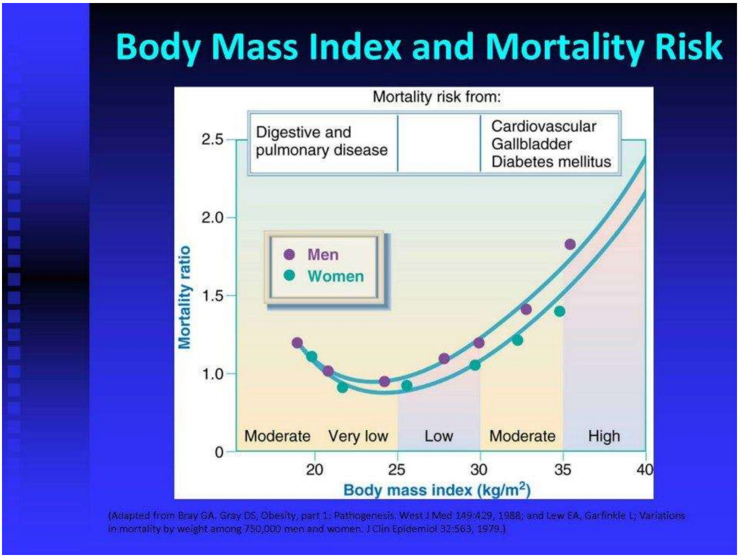

Body Fat Distribution
32"
44"
Lower-body obesity
Upper-body obesity


Causes of Obesity
Obesity tends to run in families
If both parents are normal weight – 10% chance of obesity in offspring
If one parent is obese – 40% chance. If both parents obese – 80% chance

Why We Eat More?
1. Active
Large portion sizes, frequent meals and snacks
2. Passive
Excessive intake of energy-dense foods
3. Variety of options
Greater variety of foods, greater the intake
4. Sensory-specific satiety
As foods are consumed they become less appealing

Health Problems Associated with Excess Body Fat
• Surgical risk
• Lung (pulmonary) disease
• Sleep apnea
• HTN
• CVD
• Bone and joint disorders (gout, osteoarthritis)
• Type 2 diabetes
• Gallstones
• Cancers (breast, colon, pancreas, gallbladder)
• Infertility
• Pregnancy- difficult delivery
• Reduced agility
• Early death


Metabolic Syndrome Criteria*
Three or more of the following abnormalities:
1. Waist circumference
Men >102 cm (40 inches)
Women > 88 cm (35 inches)
2. Serum triglycerides of at least 150 mg/dL
3. High density lipoprotein level <40 mg/dL in men and <50 mg/dL in women
4. Blood pressure >=135/85 mm/hg
5 Serum glucose >=110 mg/dl
*ATP III Guidelines. National Cholesterol Education Program, 2001

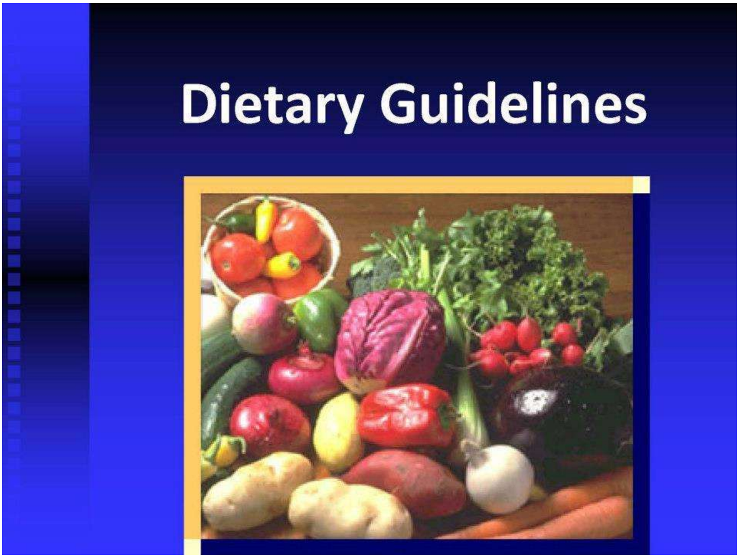

Body Mass Index and Mortality Risk
Mortality risk from:
Digestive and pulmonary disease
Cardiovascular
Gallbladder
Diabetes mellitus
Men
Women
Mortality ratio
2.5
2.0
1.5
1.0
0
Moderate
Very low
Low
Moderate
High
20
25
30
35
40
Body mass index (kg/m2)
(Adapted from Bray GA. Gray DS, Obesity, part 1: Pathogenesis. West J Med 149:429, 1988; and Lew EA, Garfinkle L; Variations in mortality by weight among 750,000 men and women. J Clin Epidemiol 32:563, 1979.)

BMI and Health

Below 18.5	Underweight
18.5 – 24.9	Normal
25.0 – 29.9	Overweight Monitor for risk
30.0 and Above	Obese Increased health risk
40.0 and above	Severely obese Major health risk

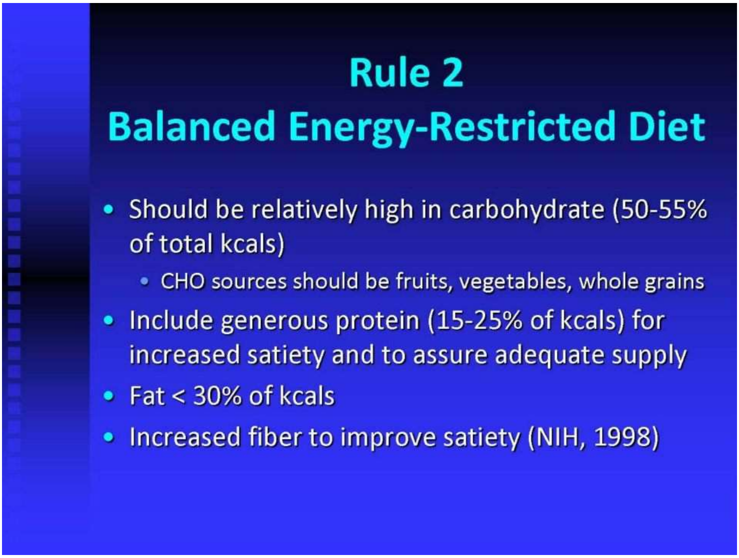
Major Causes of Death

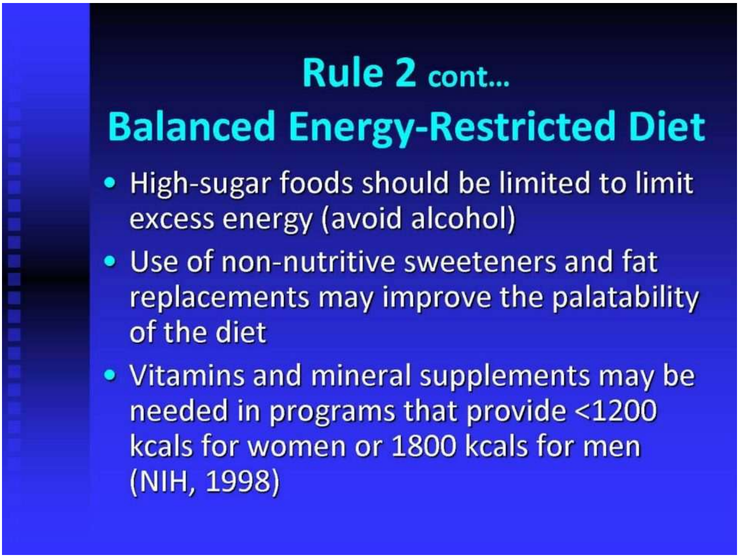
#1 Smoking **# 2 Obesity**

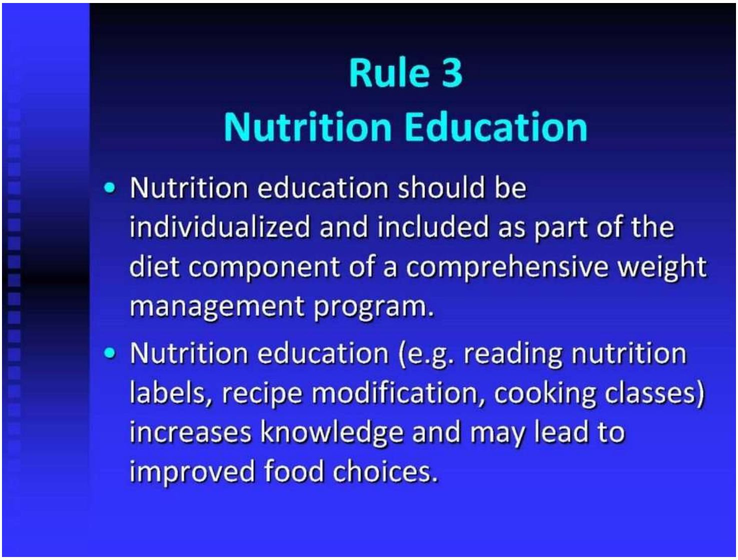


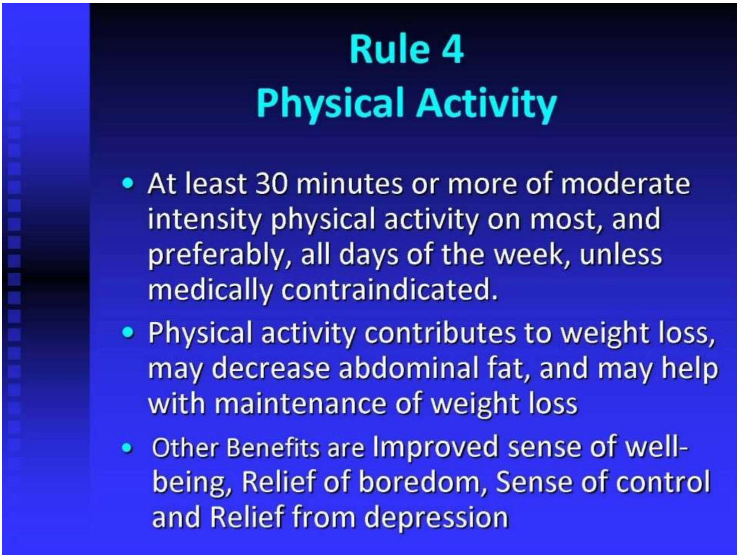
Rule 1:
Reduced Calorie Diets

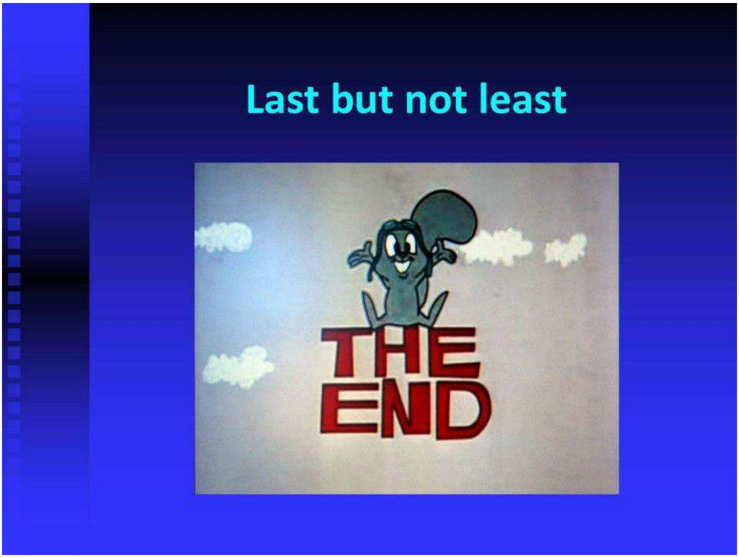
- An individualized reduced calorie diet.
- Reducing dietary fat to cut 500 – 1000 kcal per day may result in a weight loss of 1 – 2 lbs per week.

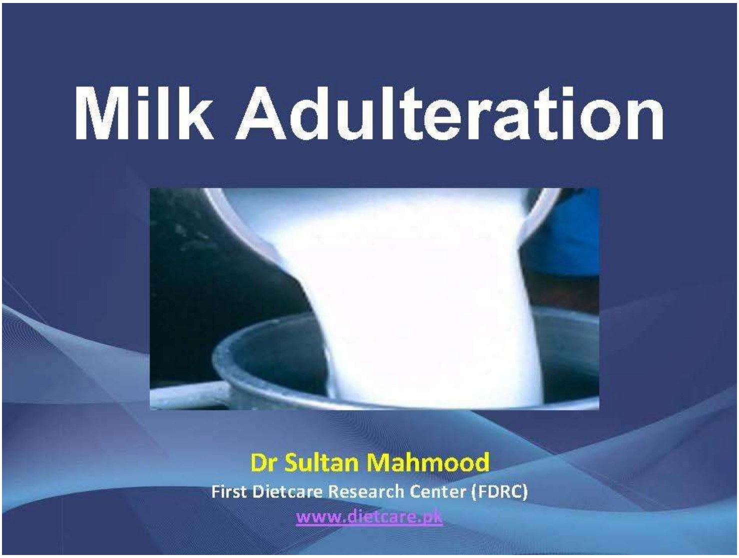

Rule 2
Balanced Energy-Restricted Diet
• Should be relatively high in carbohydrate (50-55% of total kcals)
• CHO sources should be fruits, vegetables, whole grains
• Include generous protein (15-25% of kcals) for increased satiety and to assure adequate supply
• Fat < 30% of kcals
• Increased fiber to improve satiety (NIH, 1998)

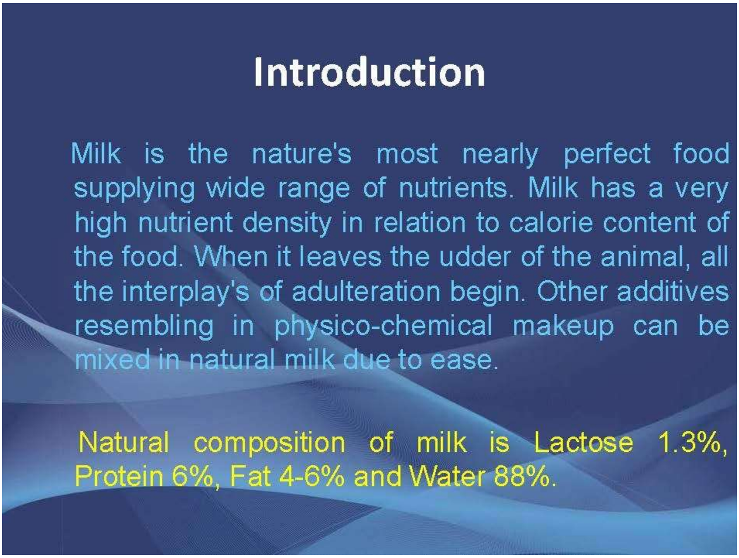

Rule 2 cont...
Balanced Energy-Restricted Diet
• High-sugar foods should be limited to limit excess energy (avoid alcohol)
• Use of non-nutritive sweeteners and fat replacements may improve the palatability of the diet
• Vitamins and mineral supplements may be needed in programs that provide <1200 kcals for women or 1800 kcals for men (NIH, 1998)


Rule 3
Nutrition Education
• Nutrition education should be individualized and included as part of the diet component of a comprehensive weight management program.
• Nutrition education (e.g. reading nutrition labels, recipe modification, cooking classes) increases knowledge and may lead to improved food choices.


Rule 4
Physical Activity
• At least 30 minutes or more of moderate intensity physical activity on most, and preferably, all days of the week, unless medically contraindicated.
• Physical activity contributes to weight loss, may decrease abdominal fat, and may help with maintenance of weight loss
• Other Benefits are Improved sense of well-being, Relief of boredom, Sense of control and Relief from depression


Last but not least
THE
END


Milk Adulteration
Dr Sultan Mahmood
First Dietcare Research Center (FDRC)
www.dietcare.pk

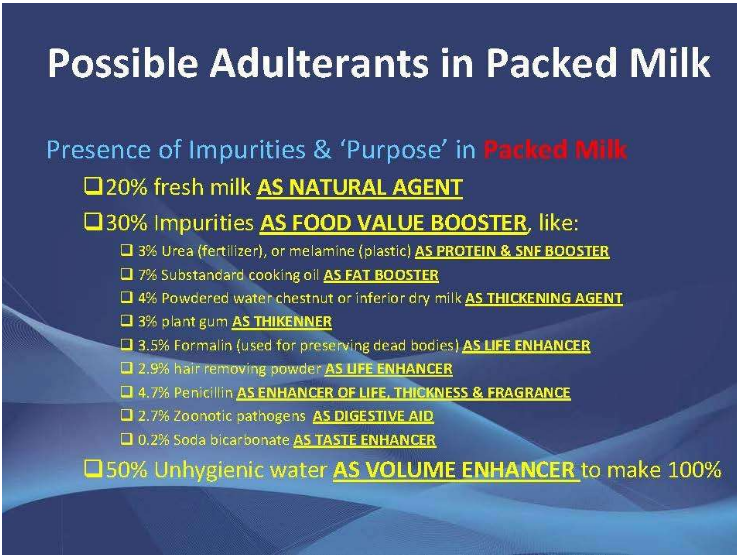

Introduction
Milk is the nature's most nearly perfect food supplying wide range of nutrients. Milk has a very high nutrient density in relation to calorie content of the food. When it leaves the udder of the animal, all the interplay's of adulteration begin. Other additives resembling in physico-chemical makeup can be mixed in natural milk due to ease.
Natural composition of milk is Lactose 1.3%, Protein 6%, Fat 4-6% and Water 88%.

Media Reports

- CDGL reports 41% milk supplied is adulterated (Dawn, Feb 2011)
- Tetra pack milk is confirmed adulterated (Dawn, Feb 2010)
- 3,840 samples found adulterated (UVAS 2009)
- "Pakistanis are drinking white poison in the shape of packed and unpacked milk" (Dawn Dec 2010)
- Pakistan produces 17 billion liters/year of milk but public consumes 38 billion due to adulteration (Cambridge University, 2009)
- A gang used to fill branded milk packets with water and supply the same in the market (India Today, Jun 2012)

Some 'Field Operations'

Possible Adulterants in Open Milk
General Adulterants in Open Milk
❑CHEMICALS – Formalin, Hydrogen peroxide, Carbonates, Hypochlorite, Sorbitol, Boric acid
❑DETERGENTS – Surf, Dentonic powder, Washing soda, Hair removing powder
❑FERTILIZERS – Urea, Ammonium phosphate
❑FOODS – Salts, Cane sugar, Starch, Cooking oil, Inferior dry milk, Whey, Gelatin, Cellulose, Sucrose
❑WATER – Unhygienic water and Dirty ice
❑OTHERS – Mixing inter species milk (eg: goat or camel milk with buffalo milk, Dirt, Urine of producer

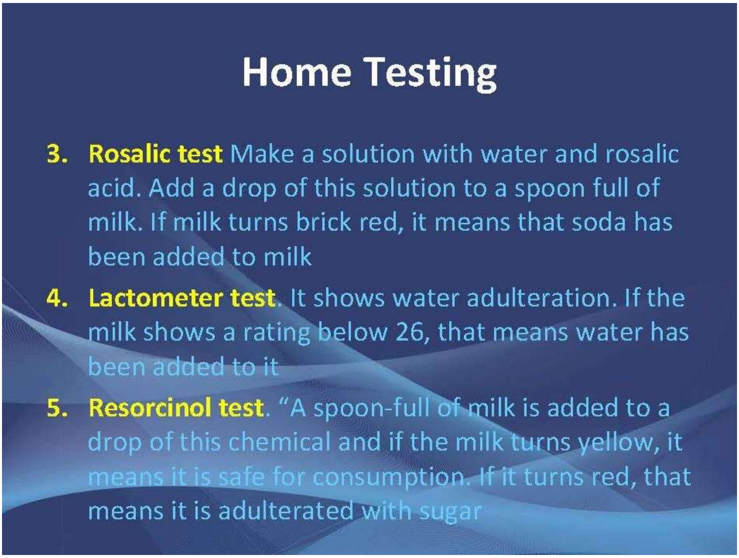

Possible Adulterants in Packed Milk
Presence of Impurities & 'Purpose' in Packed Milk
❑20% fresh milk AS NATURAL AGENT
❑30% Impurities AS FOOD VALUE BOOSTER, like:
❑ 3% Urea (fertilizer), or melamine (plastic) AS PROTEIN & SNF BOOSTER
❑ 7% Substandard cooking oil AS FAT BOOSTER
❑ 4% Powdered water chestnut or inferior dry milk AS THICKENING AGENT
❑ 3% plant gum AS THIKENNER
❑ 3.5% Formalin (used for preserving dead bodies) AS LIFE ENHANCER
❑ 2.9% hair removing powder AS LIFE ENHANCER
❑ 4.7% Penicillin AS ENHANCER OF LIFE, THICKNESS & FRAGRANCE
❑ 2.7% Zoonotic pathogens AS DIGESTIVE AID
❑ 0.2% Soda bicarbonate AS TASTE ENHANCER
❑50% Unhygienic water AS VOLUME ENHANCER to make 100%

Home Testing

1. **Milk slip test -** Put a drop of milk on a polished vertical surface. If it stops or flows slowly, leaving a white trail behind, it is pure milk. Milk mixed with water or other agents will flow down immediately without a trace.
2. **Reduction test -** Boil some milk on a slow heat while moving it with a spoon till it becomes solid (khoya). Take it off the heat and wait for 2-3 hours. If the produced solid is oily, the milk is of good quality; if it's not, it means the milk is synthetic.

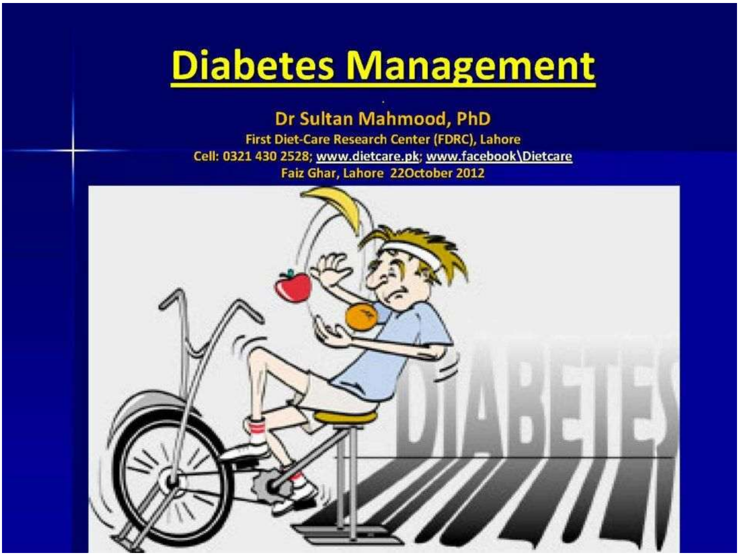
What to Do?

- Time for a realistic **PROTEST**, abandon buying open or packed milk if you doubt it because we are drinking chemicals and artificial milk. Boycott **MILK PRODUCTS.**
- **CONSUMER MOVEMENT** in this direction have to be actively encouraged and use it as **PRESSURE**.
- Food adulteration takes place due to **DISHONESTY**, though it may also be due to **IGNORANCE**. We should educate ourselves and the masses
- **EDUCATION** of traders and consumers as well as legal measures have to be simultaneously undertaken to curb adulteration.


Home Testing
3. Rosalic test Make a solution with water and rosalic acid. Add a drop of this solution to a spoon full of milk. If milk turns brick red, it means that soda has been added to milk
4. Lactometer test. It shows water adulteration. If the milk shows a rating below 26, that means water has been added to it
5. Resorcinol test. “A spoon-full of milk is added to a drop of this chemical and if the milk turns yellow, it means it is safe for consumption. If it turns red, that means it is adulterated with sugar

Thanks for Paying Attention
DISCUSSION !!
Continue browsing
www.dietcare.pk

DEFINITION
&
SYMPTOMS


Diabetes Management
Dr Sultan Mahmood, PhD
First Diet-Care Research Center (FDRC), Lahore
Cell: 0321 430 2528; www.dietcare.pk; www.facebook\Dietcare
Faiz Ghar, Lahore 22October 2012
DIABETES

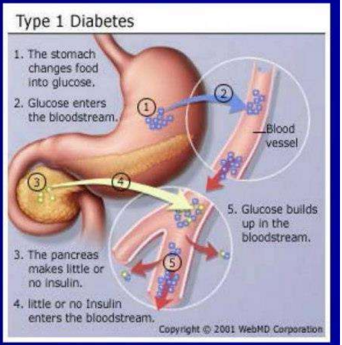
Diabetes Mellitus
Definition

A group of diseases characterized by high blood glucose concentrations resulting from defects in insulin secretion, insulin action, or both

Diabetes Type 1
Symptoms

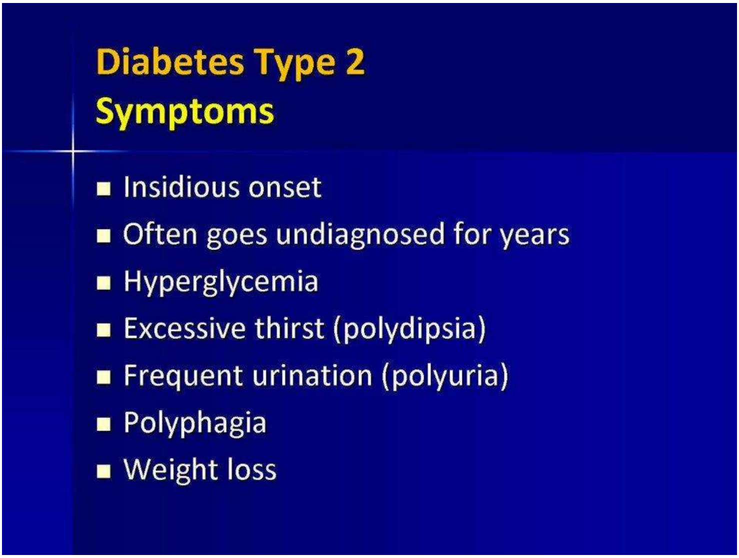
- Hyperglycemia
- Excessive thirst (polydipsia)
- Frequent urination (polyuria)
- Significant weight loss
- Electrolyte disturbance
- Ketoacidosis

Diabetes Type 1
An Account

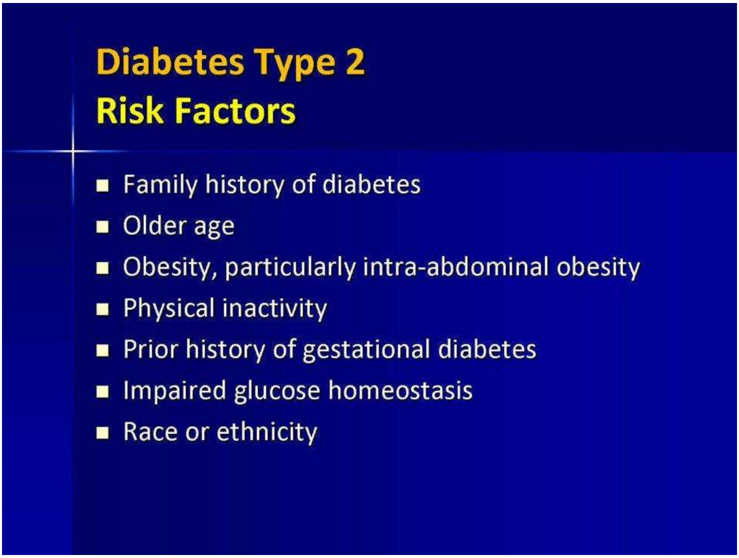


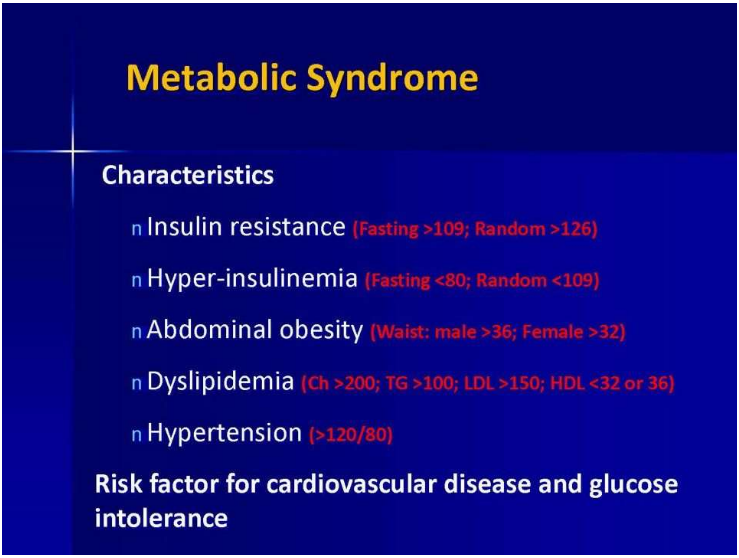
Diabetes Type 2
An Account

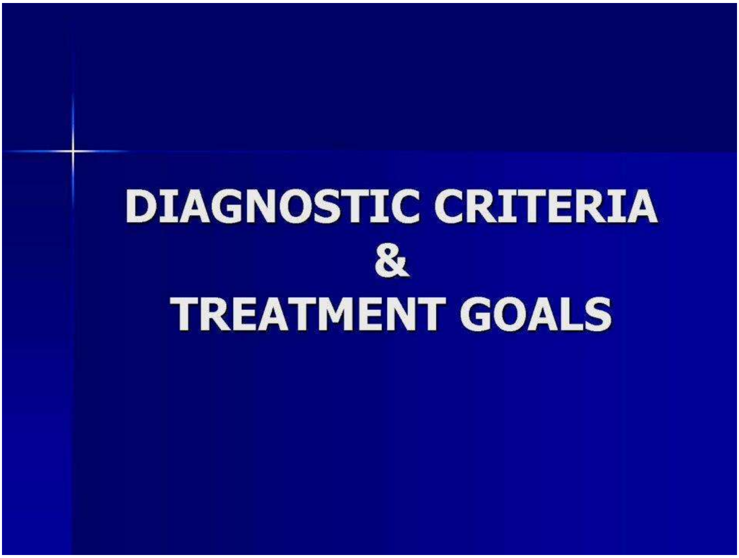
- Most common form of diabetes accounting for 90% to 95% of diagnosed cases
- Combination of insulin resistance and beta cell failure (insulin deficiency)
- Progressive disease
- Ketoacidosis rare, usually arises in illness

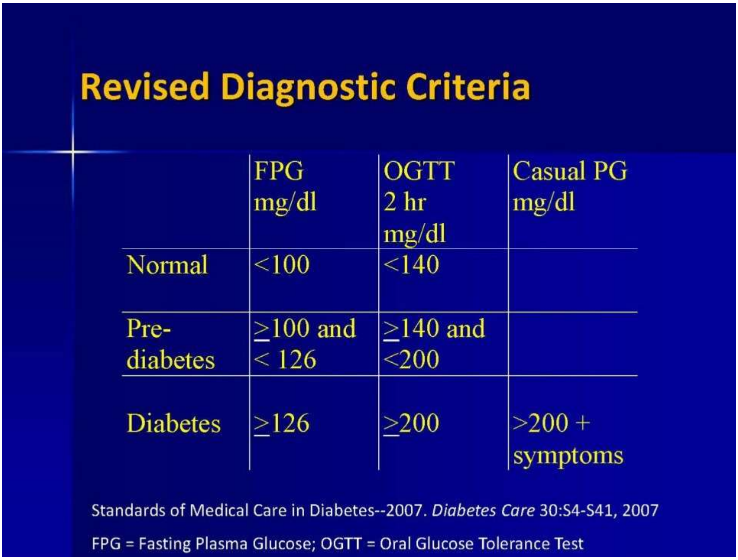

Diabetes Type 2
Symptoms
Insidious onset
Often goes undiagnosed for years
Hyperglycemia
Excessive thirst (polydipsia)
Frequent urination (polyuria)
Polyphagia
Weight loss

RISK FACTORS

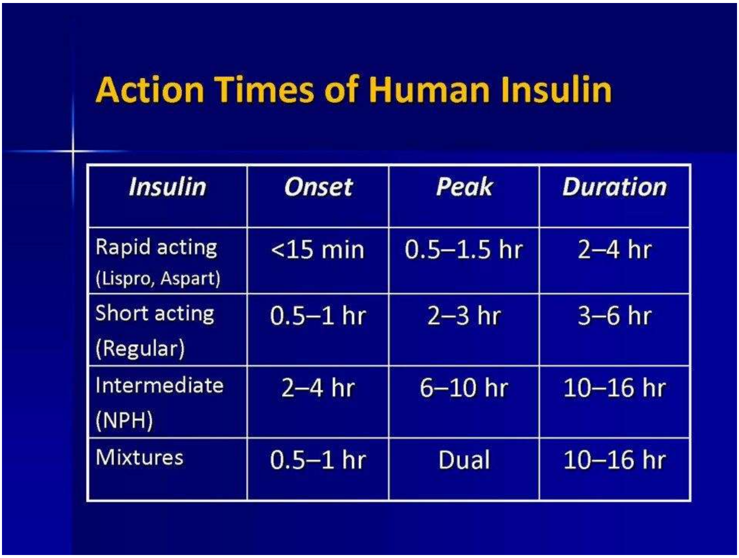

Diabetes Type 2
Risk Factors
Family history of diabetes
Older age
Obesity, particularly intra-abdominal obesity
Physical inactivity
Prior history of gestational diabetes
Impaired glucose homeostasis
Race or ethnicity


Metabolic Syndrome
Characteristics
Insulin resistance (Fasting >109; Random >126)
Hyper-insulinemia (Fasting <80; Random <109)
Abdominal obesity (Waist: male >36; Female >32)
Dyslipidemia (Ch >200; TG >100; LDL >150; HDL <32 or 36)
Hypertension (>120/80)
Risk factor for cardiovascular disease and glucose intolerance



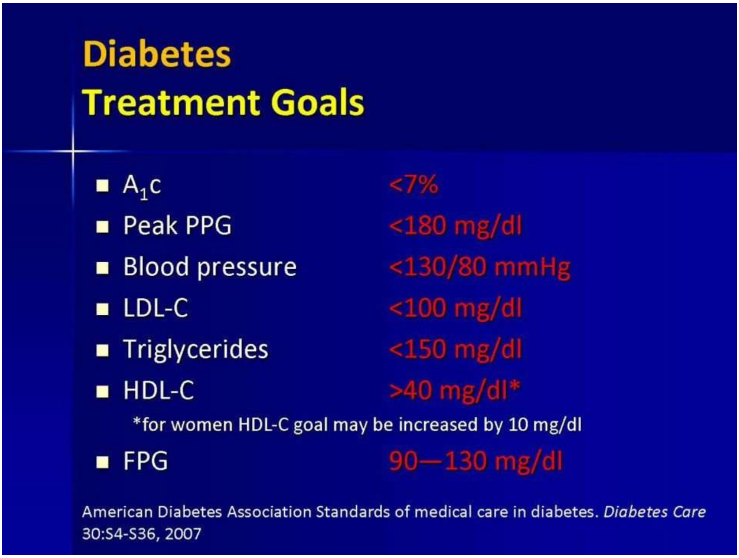


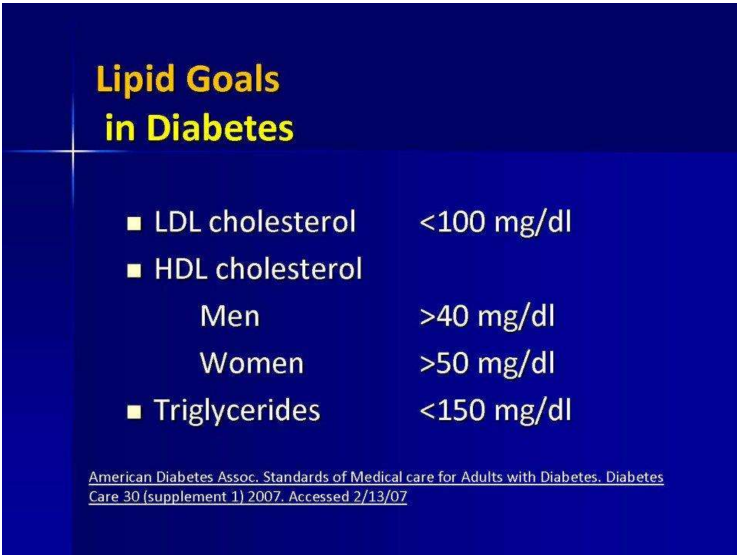
	FPG mg/dl	OGTT 2 hr mg/dl	Casual PG mg/dl
Normal	<100	<140	
Pre-diabetes	≥100 and < 126	≥140 and <200	
Diabetes	≥126	≥200	>200 + symptoms

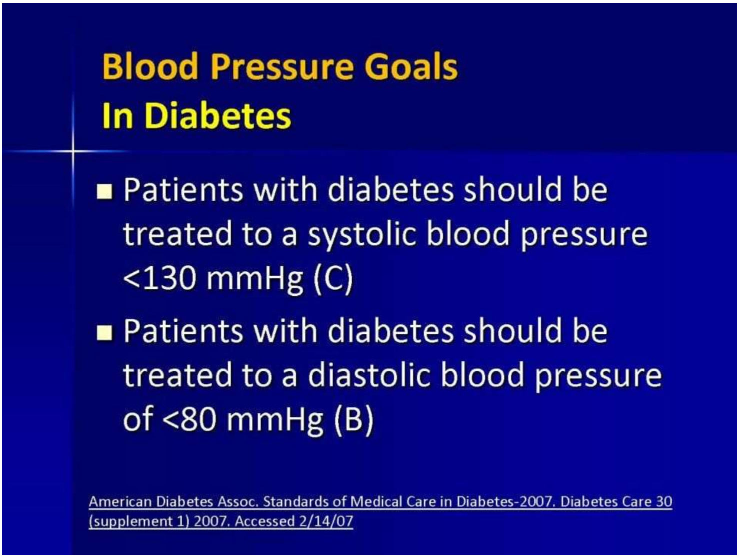


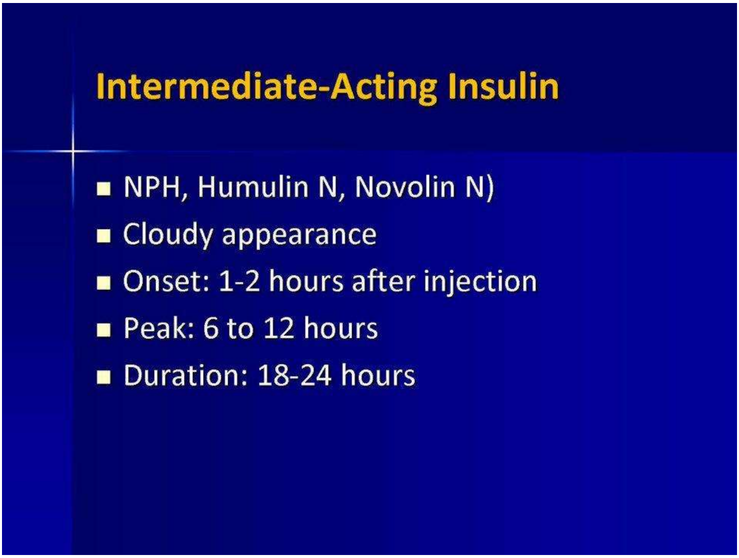
Action Times of Human Insulin

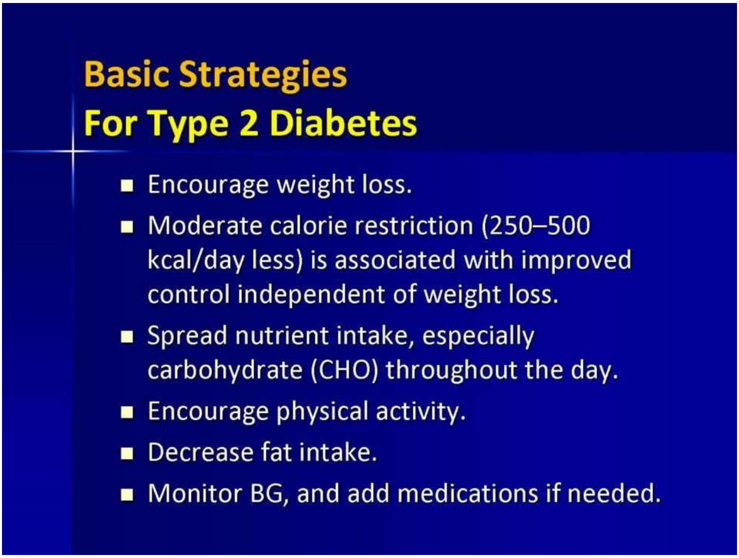
Insulin	Onset	Peak	Duration
Rapid acting (Lispro, Aspart)	<15 min	0.5–1.5 hr	2–4 hr
Short acting (Regular)	0.5–1 hr	2–3 hr	3–6 hr
Intermediate (NPH)	2–4 hr	6–10 hr	10–16 hr
Mixtures	0.5–1 hr	Dual	10–16 hr




Lipid Goals
in Diabetes
LDL cholesterol <100 mg/dl
HDL cholesterol
Men >40 mg/dl
Women >50 mg/dl
Triglycerides <150 mg/dl
American Diabetes Assoc. Standards of Medical care for Adults with Diabetes. Diabetes Care 30 (supplement 1) 2007. Accessed 2/13/07

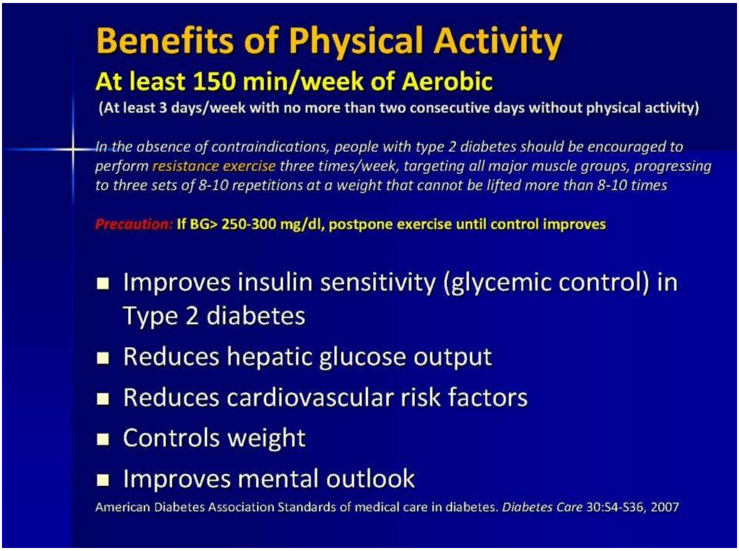

Blood Pressure Goals
In Diabetes
Patients with diabetes should be treated to a systolic blood pressure <130 mmHg (C)
Patients with diabetes should be treated to a diastolic blood pressure of <80 mmHg (B)
American Diabetes Assoc. Standards of Medical Care in Diabetes-2007. Diabetes Care 30 (supplement 1) 2007. Accessed 2/14/07


Intermediate-Acting Insulin
NPH, Humulin N, Novolin N)
Cloudy appearance
Onset: 1-2 hours after injection
Peak: 6 to 12 hours
Duration: 18-24 hours


Basic Strategies
For Type 2 Diabetes
Encourage weight loss.
Moderate calorie restriction (250–500 kcal/day less) is associated with improved control independent of weight loss.
Spread nutrient intake, especially carbohydrate (CHO) throughout the day.
Encourage physical activity.
Decrease fat intake.
Monitor BG, and add medications if needed.

EXERCISE

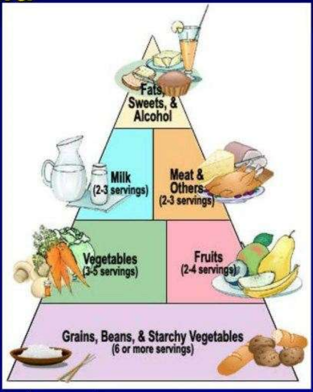
Recommendations
For Weight Management
Make *permanent* changes in eating behavior.
Eat regularly.
Slow, gradual weight loss is best.
Choose lower-fat foods.
Incorporate regular physical activity.


Benefits of Physical Activity
At least 150 min/week of Aerobic
(At least 3 days/week with no more than two consecutive days without physical activity)
In the absence of contraindications, people with type 2 diabetes should be encouraged to perform resistance exercise three times/week, targeting all major muscle groups, progressing to three sets of 8-10 repetitions at a weight that cannot be lifted more than 8-10 times
Precaution: If BG> 250-300 mg/dl, postpone exercise until control improves
Improves insulin sensitivity (glycemic control) in Type 2 diabetes
Reduces hepatic glucose output
Reduces cardiovascular risk factors
Controls weight
Improves mental outlook
American Diabetes Association Standards of medical care in diabetes. Diabetes Care 30:S4-S36, 2007

FOOD & DIET

Nutrition Self Management
Food Guide Pyramid

- Use basic guide
- Use diabetes-specific guide



National Diabetes Education Program.
http://www.ndep.nih.gov/diabetes/MealPlanner/images/mypyramid.jpg

Glycemic Index and Glycemic Load of Foods

Food	Glycemic Index	Glycemic Load
Carrots	47	3
Potato baked	85	26
Sweet corn	60	11
Apple	38	6
Chocolate cake	38	20
Corn flakes	92	24
Oatmeal	42	9
Pumpkin	75	3
Sucrose	68	7

Krause's Food & Nutrition Therapy, 12th ed., Appendix 43

Classification Glycemic Index (GI)

- **Low GI (55 or less)**

Beans (white, black, pink, kidney, lentil, soy, almond, peanut, walnut, chickpea); small Seeds (sunflower, flax, pumpkin, poppy, sesame); most whole intactGrains (durum/spelt/kamut wheat, millet, oat, rye, rice, barley); most Vegetables (beet, squash, parsnip); most sweet Fruits (peaches, strawberries, mangos); tagatose; fructose

- **Medium GI (56–69)**

Whole wheat or enriched wheat, pita bread, basmati rice, potato, grape juice, raisins, prunes, pumpernickel bread, cranberry juice, regular ice cream, sucrose, banana

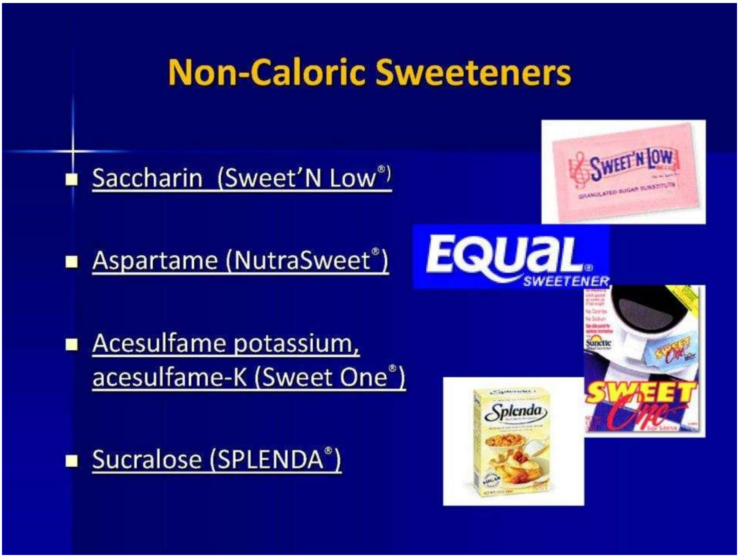
- **High GI (70 and above)**

white bread (only wheat endosperm), most white rice (only rice endosperm), corn flakes, extruded breakfast cereals, glucose, maltose, maltodextrins,potato, pretzels

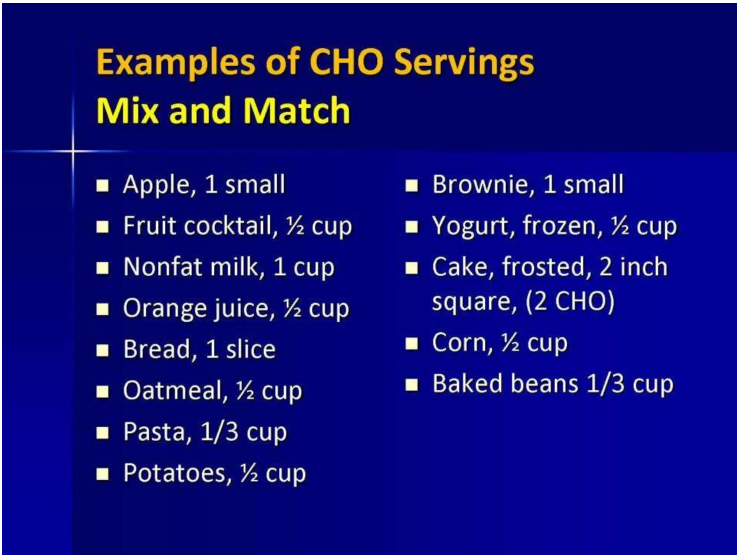
Fiber and Diabetes

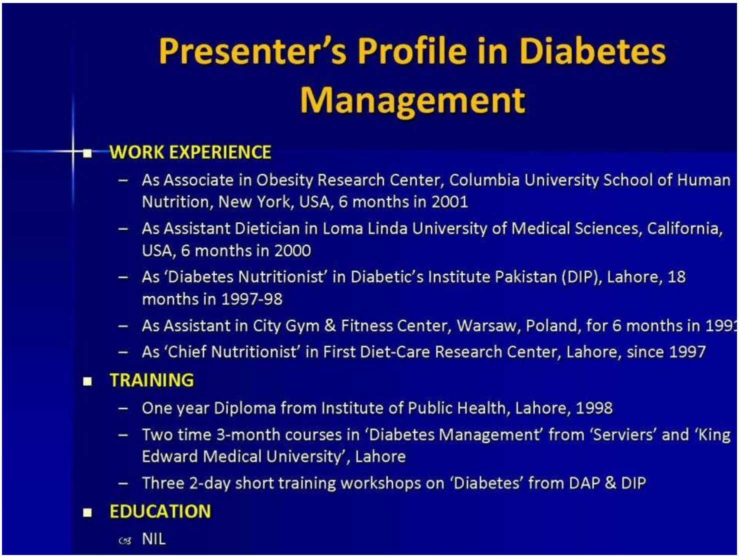
- As for the general population, people with diabetes are encouraged to consume a variety of fiber-containing foods. However, evidence is lacking to recommend a higher fiber intake for people with diabetes than for the population as a whole.

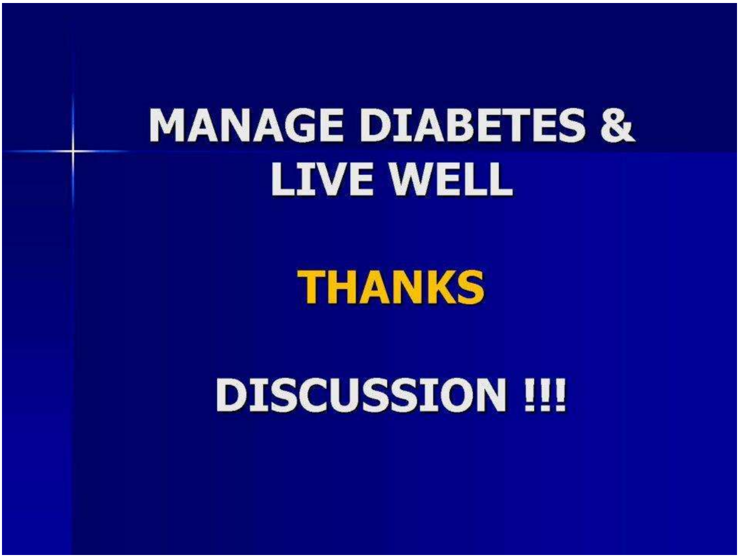
- It requires very large amount of fiber (~50 grams) to have a beneficial effect on glycemia, insulinemia, lipemia

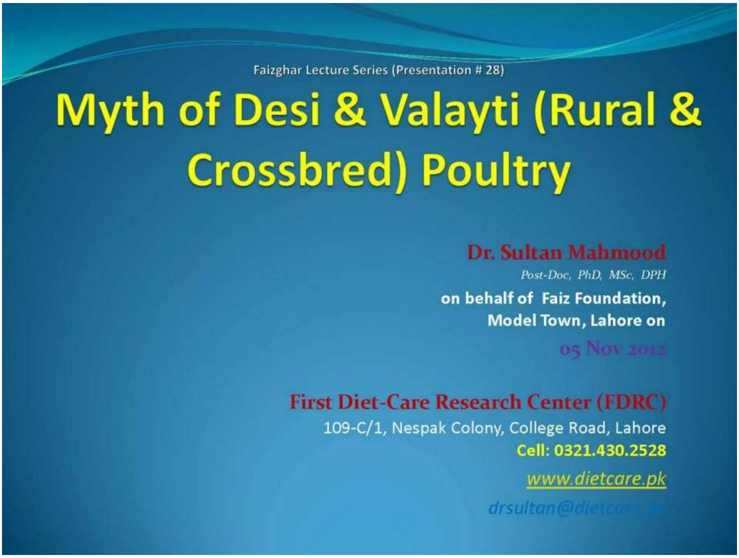

Non-Caloric Sweeteners
Saccharin (Sweet'N Low®)
Aspartame (NutraSweet®)
Acesulfame potassium, acesulfame-K (Sweet One®)
Sucralose (SPLENDA®)
SWEET'N LOW
EQUAL SWEETENER
SWEET One
Splenda

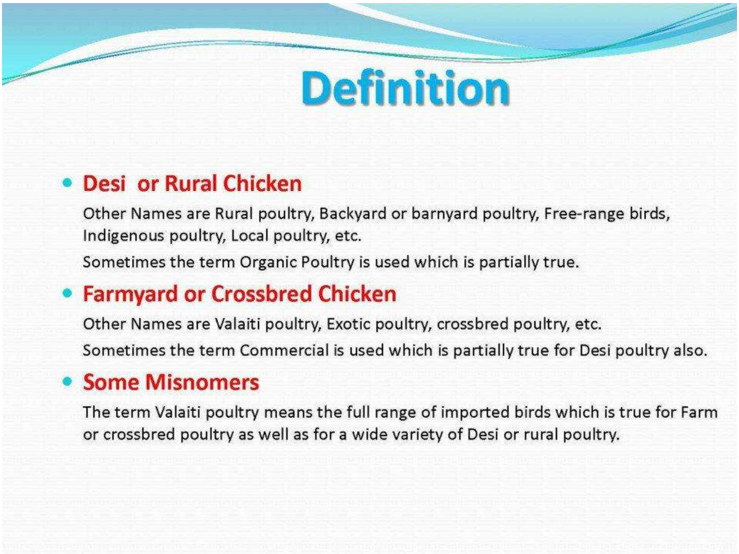
"Diabetes" Supplements
Gymnema sylvestre (herb)
Vitamin E: Antioxidant - maintains a healthy heart.
Chromium Picolinate: Necessary for proper carbohydrate metabolism.
Selenium: Antioxidant - Helps protect the body from free radicals.
Lutein: promotes eye health
Folic Acid: Helps maintain heart health.
Vitamin C: Antioxidant - Boosts the immune system.
Alpha Lipoic Acid: Antioxidant - Stimulates other antioxidants
Vanadium
Resveratrol


Examples of CHO Servings
Mix and Match
Apple, 1 small
Fruit cocktail, ½ cup
Nonfat milk, 1 cup
Orange juice, ½ cup
Bread, 1 slice
Oatmeal, ½ cup
Pasta, 1/3 cup
Potatoes, ½ cup
Brownie, 1 small
Yogurt, frozen, ½ cup
Cake, frosted, 2 inch square, (2 CHO)
Corn, ½ cup
Baked beans 1/3 cup

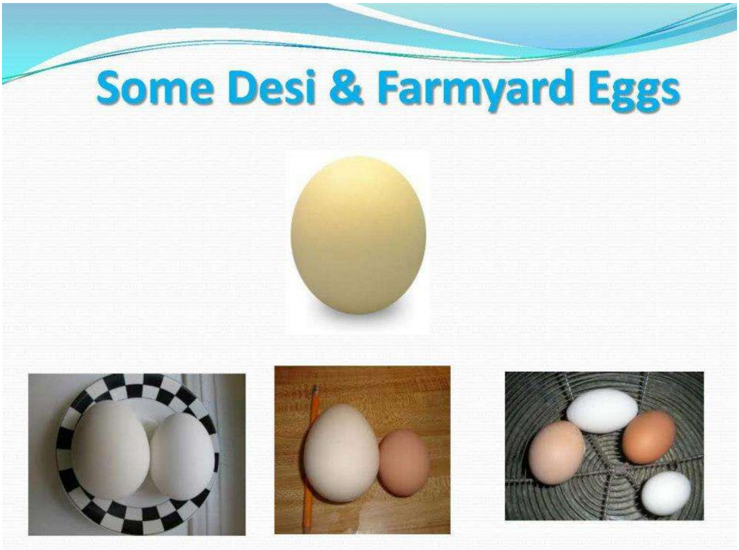

Presenter's Profile in Diabetes Management
WORK EXPERIENCE
– As Associate in Obesity Research Center, Columbia University School of Human Nutrition, New York, USA, 6 months in 2001
– As Assistant Dietician in Loma Linda University of Medical Sciences, California, USA, 6 months in 2000
– As 'Diabetes Nutritionist' in Diabetic's Institute Pakistan (DIP), Lahore, 18 months in 1997-98
– As Assistant in City Gym & Fitness Center, Warsaw, Poland, for 6 months in 199
– As 'Chief Nutritionist' in First Diet-Care Research Center, Lahore, since 1997
TRAINING
– One year Diploma from Institute of Public Health, Lahore, 1998
– Two time 3-month courses in 'Diabetes Management' from 'Serviers' and 'King Edward Medical University', Lahore
– Three 2-day short training workshops on 'Diabetes' from DAP & DIP
EDUCATION
NIL


MANAGE DIABETES &
LIVE WELL
THANKS
DISCUSSION !!!


Faizghar Lecture Series (Presentation # 28)
Myth of Desi & Valayti (Rural & Crossbred) Poultry
Dr. Sultan Mahmood
Post-Doc, PhD, MSc, DPH
on behalf of Faiz Foundation, Model Town, Lahore on
05 Nov 2012
First Diet-Care Research Center (FDRC)
109-C/1, Nespak Colony, College Road, Lahore
Cell: 0321.430.2528
www.dietcare.pk


Definition
Desi or Rural Chicken
Other Names are Rural poultry, Backyard or barnyard poultry, Free-range birds, Indigenous poultry, Local poultry, etc.
Sometimes the term Organic Poultry is used which is partially true.
Farmyard or Crossbred Chicken
Other Names are Valaiti poultry, Exotic poultry, crossbred poultry, etc.
Sometimes the term Commercial is used which is partially true for Desi poultry also.
Some Misnomers
The term Valaiti poultry means the full range of imported birds which is true for Farm or crossbred poultry as well as for a wide variety of Desi or rural poultry.

Some Desi & Farmyard Breeds


Some Desi & Farmyard Eggs

Factors Affecting on Consumers

- **Psychology of Food**

  FEATURES

  Religious & cultural beliefs, Breed, Age, Color, Smell, Size, Structure, etc.
- **Food Value for Consumers**

  FOOD INDEX

  How much Calorie, Protein, Fat, Vitamin, Mineral, Moisture, etc?
- **Consumer's Economics**

  EECONOMIC INDEX

  Availability, Cost, Purchasing power, Value (per $ availability), Benefits, Losses, etc.

Present Status of Chicken Eggs..

Parameter	Scale	Desi Egg	Farm Egg
A: Permanent Features (It Determines Consumer Psychology)			
Natural size or weight	g	27 to 40	40 to 75
Color	--	Brown shell, dark yolk	White shell, light yolk
Taste	--	Peculiar	Plain
B: Food Value (It determines Consumer's Health)			
Calories	#	44	78
Protein	g	9	14
Fat / Cholesterol	g /mg	3.2 / 120	5.3 / 213
Vitamin	--	A, B, C, D, E, K	A, B, C, D, E...
Mineral	--	No data	Co, Fe, Ca, P...
Moisture	ml	29	53
Aggregate Food Value (B)	--	**1**	**2.66**

Present Status of Chicken Meat..

Parameter	Scale	Desi Meat	Farm Meat
A: Permanent Features (It Determines Consumer Psychology)			
Poultry breeds	--	Layers (egg type)	Broilers (meat type)
Color	--	Dark red	Pink
Taste	--	Peculiar	Plain
B: Food Value of 100 g (It determines Consumer's Health)			
Calories	#	120	109
Protein	g	27	26
Fat / Cholesterol	g /mg	0.8 / 56	1 / 76
Vitamin	%	No data	A, B, C, D, E
Mineral	--	No data	Fe, Mg, P….
Moisture	%	65	70
Aggregate Food Value (B)	--	**1**	**0.9**

Present Status of Chicken Eggs

Parameter	Scale	Desi Egg	Farm Egg
C: Consumer's Economics (It Determines Purchasing Power)			
Total egg production in life	#	60 to 120	220 to 320
Hatchability	%	60	90 to 95
Loss in cooking	%	10	12
Supply line (availability)	--	Easy in rural areas	Easy in urban areas
Price of 12 (or 1)	Rs	150 (12)	100 (8)
Value against 1 US$	#	8	13
Farmer's profit against 1 egg	Rs	No account	2 to 4
Middleman profit against 1 egg	Rs	5	1
Aggregate Economic Value (C)	--	1	1.9
Aggregate Value (B+C)	--	**1**	**3.99**

Present Status of Chicken Meat

Parameter	Scale	Desi Meat	Farm Meat
C: Consumer's Economics (It Determines Purchasing Power)			
Weight at slaughter (Age wks)	kg	1.5-3.0 at 60-90 wks	1.75 – 2.5 at 7 wks
Bone : Meat ratio	--	70 : 30	30 : 70
Mortality rate (first 6 weeks)	%	28	5 to 8
FCR (kg feed/kg wt gain) 7 wks	--	4.7	1.9
Weight gain (first 6 weeks)	kg	0.5 to 0.75	2
Loss in cooking	%	32	37
Price per kg live-weight	Rs	200	100
Farmer's profit against 1 kg live	%	20	30 to 40
Aggregate Economic Value (C)	--	1	4.7
Aggregate Value (B+C)	--	**1**	**4.2**

Conclusion

Farm Breeds (Crossbreeds)

ADVANTAGES

- They are crossbred birds with shorter productive age, i.e. only 45 days are needed to reach a weight of 1.25 to 2.25 kg/chicken.
- Crossbred chickens yield 200 to 250 eggs per year or 250 to 320 eggs in their life. The eggs are small to jumbo size, i.e. 45 to 75 g/egg.
- They are the best feed converter into egg and meat, i.e. 1.9-2.5 in broilers and
- Best in hatchability which is up to 95%.
- Very cheap source of animal protein with comfortable availability.

DISADVANTAGES

- Lesser in taste than indigenous breeds and whitish in color which are not public demands.
- Broiler meat has more water percentage thus faces cooking loss of nutrients.

Conclusion...

Desi Breeds (Rural Poultry)

ADVANTAGESI

- It's a scavenger bird and fed on rural waste and in this way biodegrade the organic wastes thus cleans the environment.
- Partly helps in poverty alleviation in the rural masses.
- Has genes for survival under harsh rural scavenging conditions.

DISADVANTAGES

- It is a non-descript chicken with slow growth rate (Adult male: 1.40 kg; Female: 1.32 kg).
- It has poor egg production (2.50 dozens / bird)
- Poor feed conversion efficiency (14.73/dozen eggs)
- Small egg size (44 gm/egg)
- Low economic returns due to low carcass weight, small egg size, very low egg production, late maturity and broodiness.

Recommendations

First

Both types of poultry is important so should be raised rigorously without each other's cost. Rural poultry needs more attention thus it should be raised on factory-made modern farm feed with free-range mornings and barnyard confinement at night. Present equivalence of 4 desi eggs for 1 farm or crossbred egg OR 4 desi hens for 1 farm or crossbred egg should improved (from present 4:1 to 4:2 or 4:3)

Second

Desi or Rural poultry should be consumed locally and should not be pushed to urban areas so that it should contribute into food security and poverty alleviation process of rural communities. Similarly Farm poultry or crossbred should be retained in urban and peri-urban areas. Rural urban population is now 50:50 so in this way purchasing power of the whole population will be increased thus bridging up protein supply gap up to 72 g per head per day.

Third

Desi-valaiti arguments and discussion is not a matter of 'prejudice and pride', it should be stopped.

Presenter's Profile in Food Security

WORK EXPERIENCE

- As Associate in Obesity Research Center, Columbia University School of Human Nutrition, New York, USA, 6 months in 2001
- As Assistant Dietician in Loma Linda University of Medical Sciences, California, USA, 6 months in 2000
- As Assistant in City Gym & Fitness Center, Warsaw, Poland, for 6 months in 1991
- As 'Chief Nutritionist' in First Diet-Care Research Center, Lahore, since 1997
- As 'Animal Production Specialist' in L&DDD, Punjab for 5 years in 1983-1988.
- As 'Research Associate' in UVAS (then CVS), Lahore for 18 months in 1982-1983.

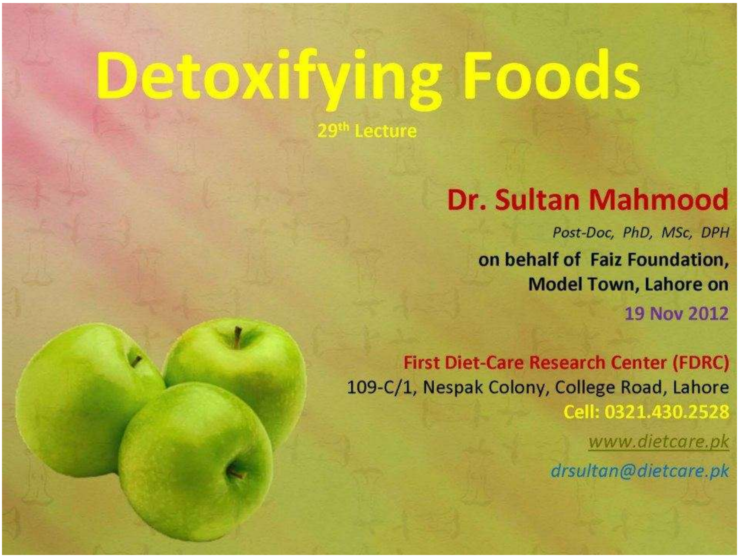
TRAINING

- One year Diploma from Institute of Public Health, Lahore, 1998

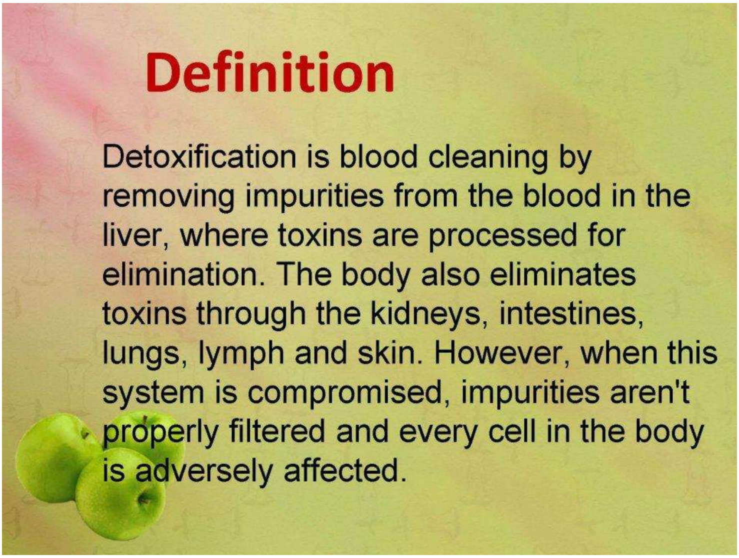
EDUCATION

- Pakistan: B. Sc. (Hons) Animal Sciences; M. Sc. (Hons) Human Nutrition; M. Sc. Environment Sciences and DPH.
- Poland: PhD Food Ecology.

Thanks a Lot


Detoxifying Foods
29th Lecture
Dr. Sultan Mahmood
Post-Doc, PhD, MSc, DPH
on behalf of Faiz Foundation,
Model Town, Lahore on
19 Nov 2012
First Diet-Care Research Center (FDRC)
109-C/1, Nespak Colony, College Road, Lahore
Cell: 0321.430.2528
www.dietcare.pk
drsultan@dietcare.pk

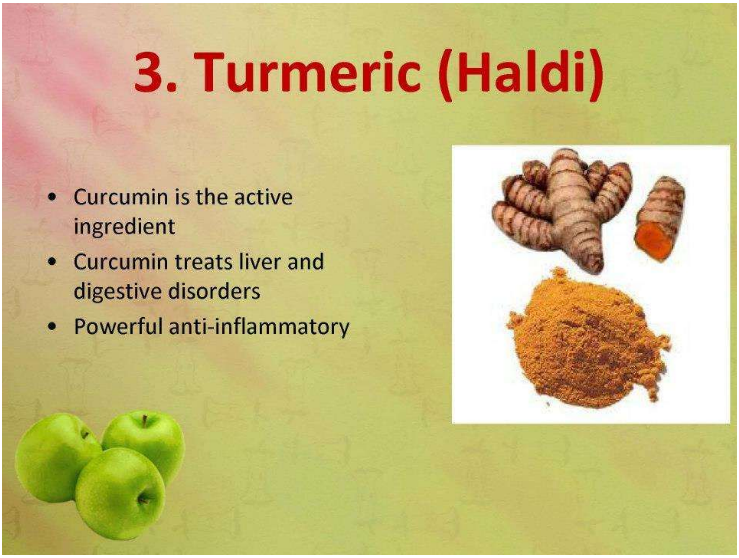
Symptoms & Benefits
• Feeling sluggish
• Out of proportion
• Skin problems
• Aches and pains
• Digestive problems
Benefits are the reversal of symptoms


Definition
Detoxification is blood cleaning by removing impurities from the blood in the liver, where toxins are processed for elimination. The body also eliminates toxins through the kidneys, intestines, lungs, lymph and skin. However, when this system is compromised, impurities aren't properly filtered and every cell in the body is adversely affected.

Different Ways
1. Resting the body thru Fasting
2. Pushing liver toxins out
3. Stimulating excretions
4. Taking food supplements
5. Rigorous perspiration
6. Exercise and Yoga

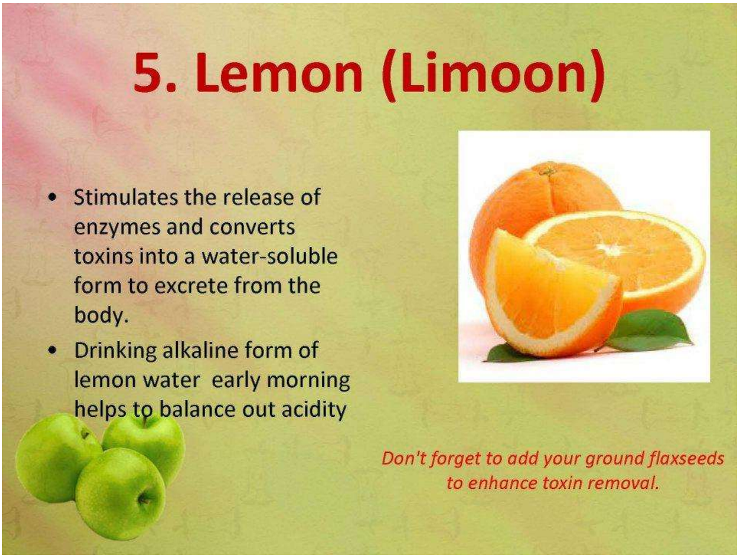
Top Ten Foods

Complete Detox Program
1. Water Fasting = 1day/week + Ramadan = 30 days
2. Eat plenty of fiber = 20g/day
3. Cleanse liver by herbs = Dandelion, Milk thistle
4. Drink green tea = 3 cups/day
5. Take vitamin C for glutathione = Extra 500 mg/day
6. Drink safe water = 1.5 liters/day
7. Breathe deeply = 30 min/day
8. Transform stress = thru positive emotions
9. Practice hydrotherapy = once in a month
10. Sweat or sauna = 30 min/day
11. Exercise/Yoga = 1hr/day


3. Turmeric (Haldi)
• Curcumin is the active ingredient
• Curcumin treats liver and digestive disorders
• Powerful anti-inflammatory

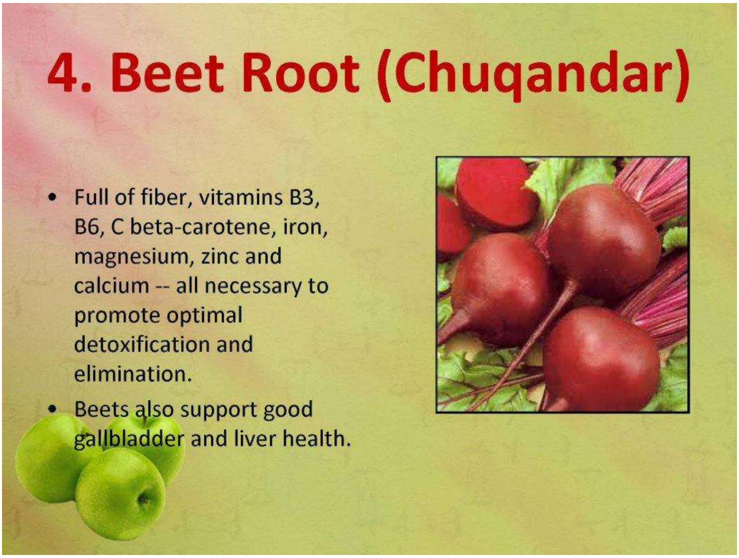
1. Garlic (Lehsan)
• Powerful antiviral, antiseptic and antibiotic
• The vital sulphuric compounds make it an essential detoxifier.
• Raw garlic is more beneficial

2. Apple (Saib)
• Fiber (pectin), vitamins, minerals and many beneficial phytochemicals such as D-Glucarate, flavonoids and terpenoids.
• Phlorizin stimulates bile production. Pectin removes metals and colors.
• Can be taken as pure juice
• Apple cedar is the best
• Raw is better than cooked


5. Lemon (Limoon)
• Stimulates the release of enzymes and converts toxins into a water-soluble form to excrete from the body.
• Drinking alkaline form of lemon water early morning helps to balance out acidity
Don't forget to add your ground flaxseeds to enhance toxin removal.

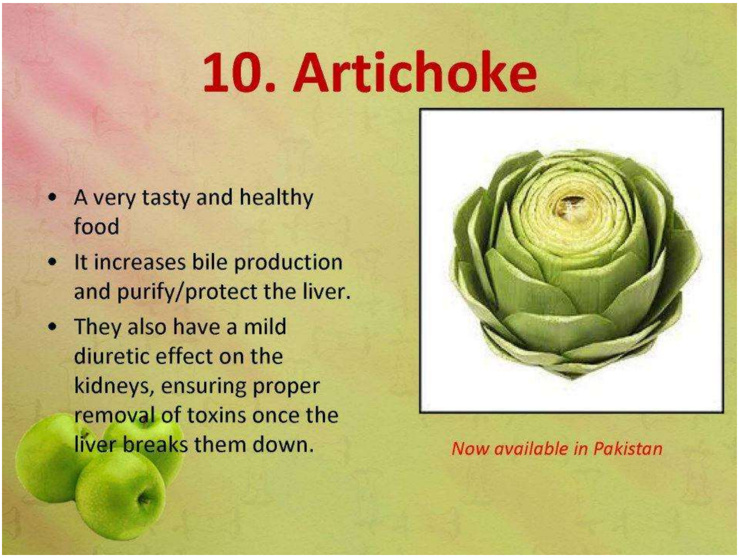
6. Flaxseed (Kasumbha)
• Ground flaxseed provides a wonderful source of fiber that helps to bind and flush toxins from the intestinal tract.
• A great source of health promoting omega 3 oils. Try consuming two tablespoons of ground flaxseeds in lemon water every morning.
Try consuming two tablespoons of ground flaxseeds in lemon water every morning.

7. Broccoli
• Broccoli contains phytochemicals that are released upon chopping, chewed, fermented, cooked or digested.
• Sprouts can actually provide more benefit than regular broccoli as they contain 20 times more sulfurophane.
Add these to your salads and get creative with them in your meals.

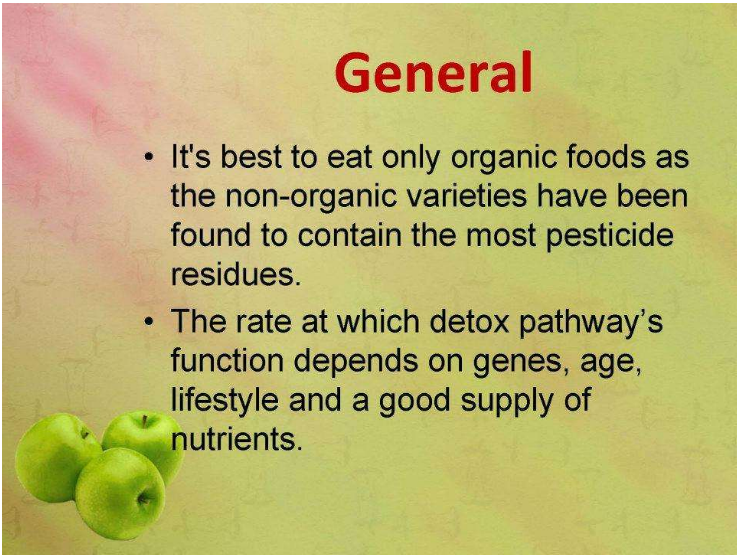

4. Beet Root (Chuqandar)
• Full of fiber, vitamins B3, B6, C beta-carotene, iron, magnesium, zinc and calcium -- all necessary to promote optimal detoxification and elimination.
• Beets also support good gallbladder and liver health.

8. Dandelions
• Rich source of minerals and provides a variety of phytonutrients.
• They're super antioxidants that support cleansing of the digestive tract and offer great liver support.
Try adding dandelion leaves to your salad.

9. Sea Veggie
• Powerful antioxidants that help to alkalize the blood and strengthen the digestive tract.
• The algin in seaweeds absorb toxins from the digestive tract.
• It offers the broadest range of minerals of any food.


10. Artichoke
• A very tasty and healthy food
• It increases bile production and purify/protect the liver.
• They also have a mild diuretic effect on the kidneys, ensuring proper removal of toxins once the liver breaks them down.
Now available in Pakistan

11. Barley & Wheat Grass
• Juices have proven reord of liver detoxification


General
• It's best to eat only organic foods as the non-organic varieties have been found to contain the most pesticide residues.
• The rate at which detox pathway's function depends on genes, age, lifestyle and a good supply of nutrients.

Thanks a Lot
THE
END

Rehabilitation
Mediated via the brain

- CAN THE BRAIN CHANGE ?

- GENETIC (Nature)
- EXPERIENCE (Nurture)

30th Lecture at Faiz Ghar, 3rd December 2012

Food Therapy in the Management of Neurological Disorders

Sultan Mahmood Ph.D.,

First Diet-Care Research Center (FDRC), Lahore
www.dietcare.pk

How does the brain change from birth onwards?

Birth **15 months** **2-3 years**

WHAT 'models' the brain?

- Nutrition
- Environmental stimulation
- Learning
- Social contact
- Exercise (especially Yoga)

Pathology

The pathology involving the CNS arises from injuries, vascular insufficiency, tumors, infections and disorders from other diseases. Neurological medical problems are due to interference with normal functioning of the affected cells

Nervous System Anatomy and Physiology

- The nervous system acts as a coordinated unit both structurally and functionally
- Communication network responsible for coordinating and organizing the functions of all body parts
- The body's link to the environment
- Works with the endocrine system to maintain homeostasis
- Reacts in a split second

Functions

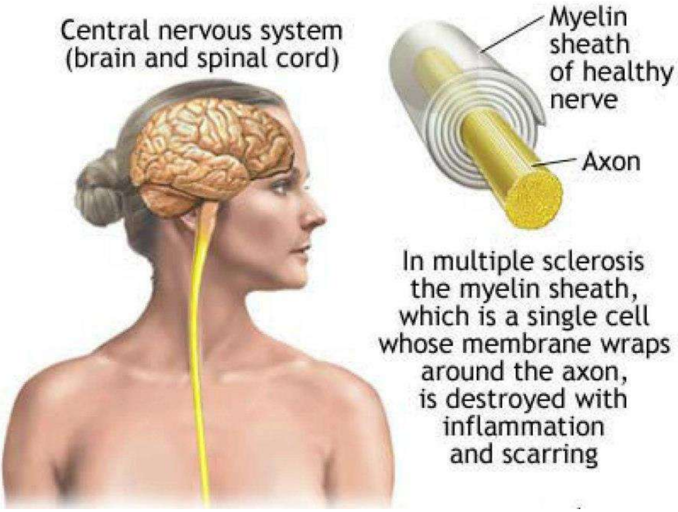
- 1.Regulates system
- 2. Controls communication
- 3. Coordinates Activities of body system

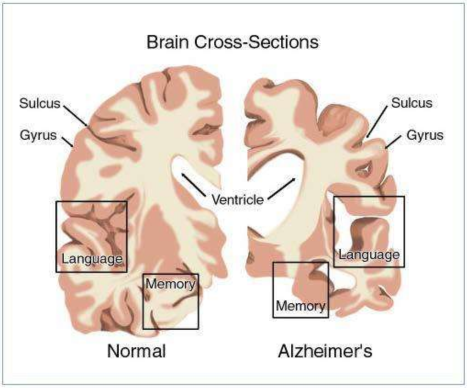
Divisions

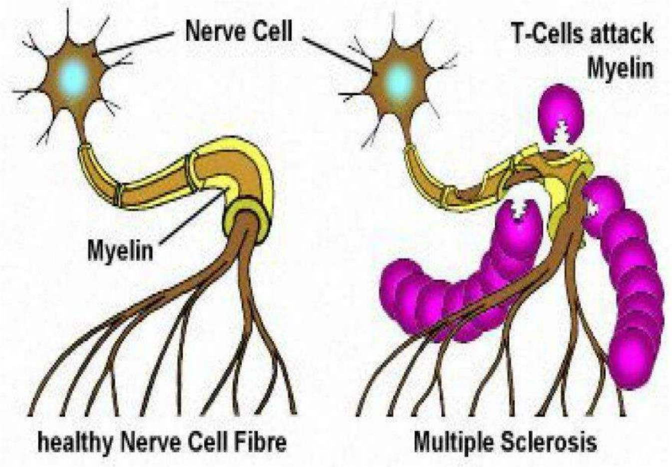
- Central nervous system (CNS) : brain and spinal cord –interprets incoming sensory information and sends out instruction based on past experiences
- Peripheral nervous system (PNS) : Cranial and spinal nerves extending out from brain and spinal cord---carry impulses to and from brain and spinal cord

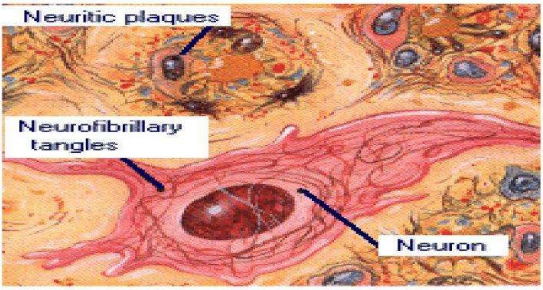
Conditions where mind body therapies were used

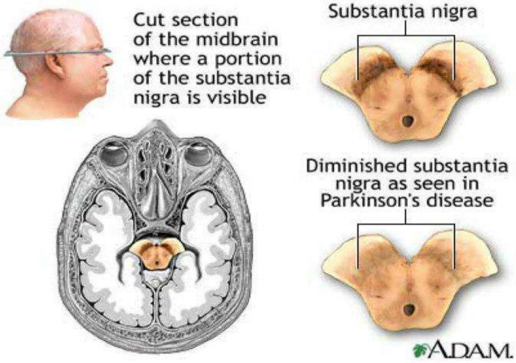
- ALZHEIMER'S Disease
- general and chronic pain,
- Paralysis,
- carpal tunnel syndrome,
- headaches,
- fibromyalgia,
- multiple sclerosis,
- epilepsy,
- Convulsions,
- muscular dysfunction,
- stroke,
- Tumours (brain, etc.)
- Parkinson disease, and
- attention deficit-hyperactivity disorder
  - Neurology. 2008 ; 70(24): 2321-8.

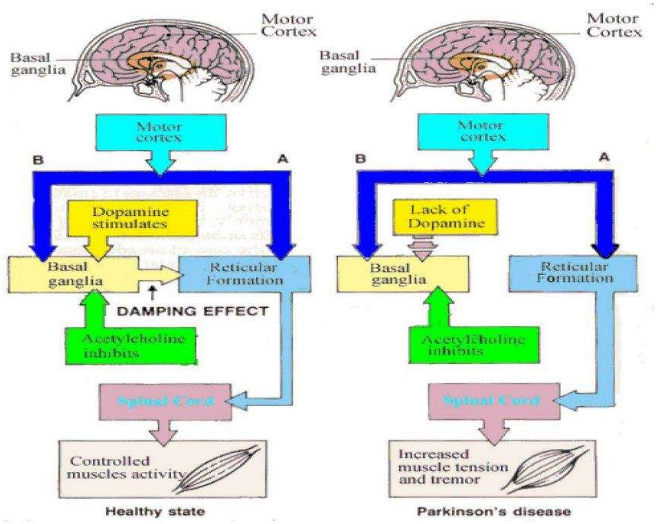



Brain Cross-Sections
Sulcus
Gyrus
Ventricle
Sulcus
Gyrus
Language
Memory
Language
Memory
Normal
Alzheimer's


Nerve Cell
T-Cells attack Myelin
Myelin
healthy Nerve Cell Fibre
Multiple Sclerosis


Neuritic plaques
Neurofibrillary tangles
Neuron


Cut section of the midbrain where a portion of the substantia nigra is visible
Substantia nigra
Diminished substantia nigra as seen in Parkinson's disease
ADAM.

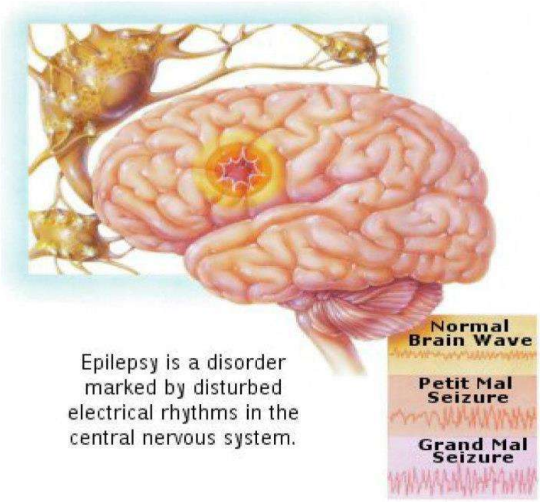


EPILEPSY

- A group of syndromes characterized by recurring seizures

CAUSES

1. idiopathic
2. Birth trauma
3. perinatal infection
4. infectious disease
5. ingestion of toxins
6. brain tumors
7. head Injury
8. metabolic disorders
9. CVA



EPILEPSY

- Recurring seizures may be classified as GENERALIZED or PARTIAL SEIZURES
- Generalized Seizures- cause a generalized electrical abnormality within the brain
- Partial seizures- these seizures arise from a localized part of the brain and cause specific symptoms

Epilepsy

DIAGNOSTIC TESTS

- 1. EEG
- 2. CT
- 3. MRI
- 4. LP
- 5. Angiography

A slice of brain from the autopsy of a person who suffered an acute middle cerebral artery (MCA) stroke

CT scan showing an intracerebral hemorrhage

Diet Therapy..............

Foods for Neurological Disorders

- **1) Proteins and amino acids**
  - Meat
  - Fish
  - Eggs
  - Milk
  - Dairy products

Foods for Neurological Disorders

- **2) B vitamins**
- **2.1) Thiamin**
  Unrefined, un-sifted or minimally processed cereals and grains (brown rice, whole wheat or brown bread, crushed wheat, and all cereals and breads that are fortified with thiamin)
- Organ meats (liver, kidneys)
- Nuts and legumes (dry beans, peas and lentils)

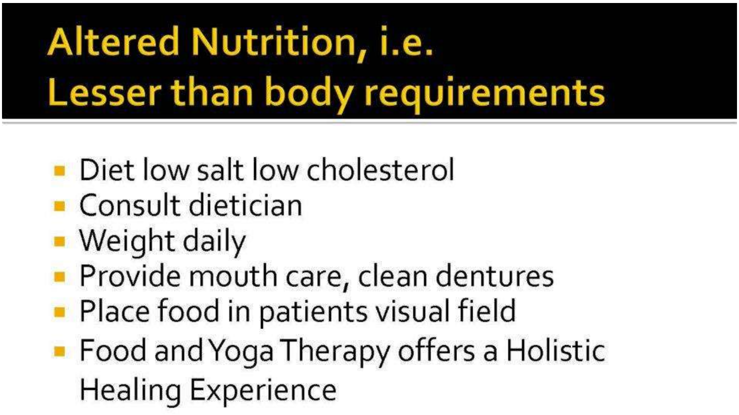
Foods for Neurological Disorders

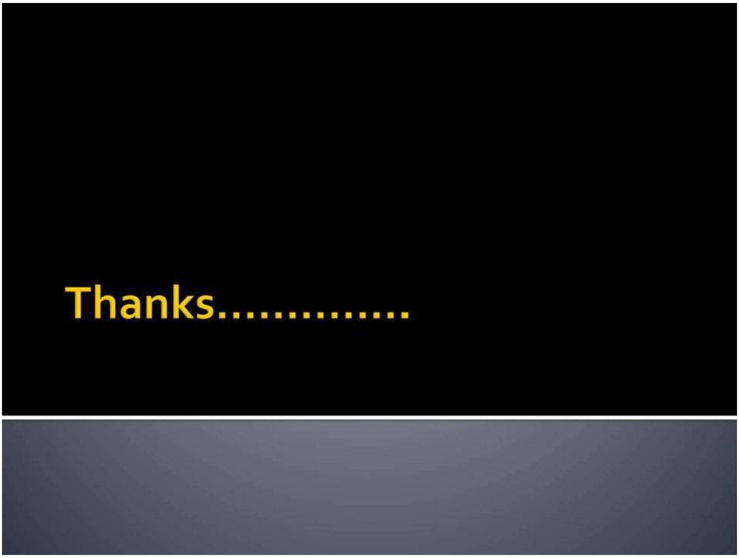
- **2.2 Niacin**
- Meat - a good source of niacin and tryptophan
- Un-sifted cereals and grains, like oats, brown rice or crushed wheat, and maize treated with limewater

Foods for Neurological Disorders

- **2.3 Riboflavin**
- Dairy products - milk, yoghurt, cheese
- Meat, poultry, fish, eggs
- Broccoli, spinach and asparagus
- Cereals and bread fortified with vitamin B2
- While a riboflavin deficiency is not as directly linked to neurological fallout and damage as thiamin and niacin, the anaemia associated with a lack of B2 can have neurological consequences.

In Summary ....


Altered Nutrition, i.e.
Lesser than body requirements
Diet low salt low cholesterol
Consult dietician
Weight daily
Provide mouth care, clean dentures
Place food in patients visual field
Food and Yoga Therapy offers a Holistic Healing Experience


Thanks..............

Related to Topic
Hk Mohammad Ahmad Saleemi
1. You recommended red meat in case of tension/depression, goat meat is red or white? Red
2. Is there same allowance for every age, sex, or lifestyle? No
3. Its a myth that portion of animal meat eaten strengthens the same portion of human, is it right? No
General
Mrs Razia Jafar
1. What are the side effects and standard allowance of turmeric?
Stringent, bad to ulcer. No research on standard dosage.
2. Why cooked spinach has more quantity of lutein than raw?
Because its keeping bundles are broken during cooking.
New: Mr Usman c/o Imran
1. What are meat exchanges?
2. Pulses, dairy products, beans, dry fruits and some food supplement
3. Dietician Farzeen said that only heart friendly meat is fish? Wrong

Post Lecture Discussion

Egg and its Nutritional Value

Dr. Sultan Mahmood
Food Security Expert
0321 430 2528
World Egg Day – Riphah University, Lahore

Contents

1. Types of Eggs
2. Per Capita Egg Availability
3. Composition and Nutrition Value
4. Major Food Sources of Egg
5. Egg as Alternate Food Source

Types of Egg

Egg has been divided into following four broad categories by weight

- Jumbo Egg
  - Weight: 75 grams
- Large/Medium Egg
  - Weight: 65 grams
- Small Egg
  - Weight: 40 grams
- Peewee Egg
  - Weight < 40 grams

Per Capita Egg Availability

Particulars	World	Pakistan	Punjab
Egg Production (Annual 2019)	82.17 Mil Met Ton	907,444 Ton	9,900 Million
Human Population (2021)	7.9 Billions	226.3 Millions	110 Millions
Availability	161 Eggs Annually	70 Eggs Annually	90 Eggs Annually

References: www.statista.com

Composition and Nutritional Value

- According to Ministry of Agriculture, Fisheries and Food, UK, an average 50 g egg can be composed of following major nutrient as mentioned in Table 1:
- Other Micro Nutrients like Vitamin A (95 ug), Vitamin D (0.9 ug), Vitamin E (0.56 mg), Vitamin B12 (1.25 ug), Vitamin B6 (0.06 mg), Folate (25ug), Thiamin (0.05 mg), Riboflavin (0.24 mg), Phosphorous (100 mg) , Zinc (0.65mg), Iron (0.95 mg), Selenium (0.55 ug), Choline (280 mg), Lutein (150-250 mg), Zeaxanthin (200 mg) are also present in egg.

Major Nutrition of Egg

Major Nutrients	Quantity per Egg
Calories	76 kcals
Total Fat	4.7 g
Saturated Fat	1.6g
Cholesterol	196 mg
Protein	6.5 g

Major Food Sources of Egg

- Major source of egg is Hen (it starts laying egg at age of 18 weeks and can lay one egg after every **24 to 26 hours**
- A Hen produces average **265 eggs** annually
- Duck and ostrich are also the source of eggs as food
- Egg of Ostrich can be taken as food but very uncommon
- Ostrich Egg has highest value of weight among the eggs of all bird and it has value ranges from **1100 grams to 1950 grams**

Egg as Alternate Food Source

- Egg is valuable contributor to overall nutritional balance of diet and economical source of high quality protein
- 4 egg yolks /week is efficient way to improve iron status in weaning infants
- Egg contains 76 kcal energy which can meet 3% per energy need of adult man and 4% for woman.
- Poached Egg as compare to burger & chips save more than 500 calories and 28 grams fats

Thank You for Your Time and Attention!

For more information call Dr. Sultan Mahmood at 0321 430 2528 or like his page at facebook "dietcare"

Food & Health and Our Lifestyle

The body can heal itself with a little change in nutritional help and lifestyle as Allah says in Quran

***Sultan Mahmood**, PhD*
0321 430 2528; dietcare@gmail.com
Chief Consultant
First DietCare Research Center (FDRC), Lahore
Presentation to Daachi Foundation, 06-Aug-2022

Quran guides us about prayer rituals, worship services, and family traditions including healthy lifestyle

Natural Lifestyle

1. Awaking before the sun rise
2. Airy bedroom
3. Nutritious breakfast before 9am
4. Light lunch and normal dinner, along with 2 snacks
5. 7-8 hours sleep preferably between 9pm to 4am
6. Taking organic foods
7. 150 minutes brisk walk weekly, yoga or gym

Un-Natural Lifestyle

1. Late sleep, late awaking up
2. Closed sleeping environment, indoor smoke
3. Late meals, eating between the meals, especially skipping dinner
4. Taking fast foods, bar BQs, sodas, smoking, alcoholism
5. Small seep less than 7 hours in one go
6. No or seldom exercise, sitting for longer hours

How We Become Patient?

Poor Nutrition & Lifestyle

promotes

Weak Physiology

and a healthy person becomes

Patient

Healthy Diet Plan

Link of Poor Nutrition & Diseases

When a body is deficient in **Food Nutrients**

it begins to experience

***dis*-function** and ***dis*-ease**

Allergies, digestion problems, infertility, cardiovascular disease, and diabetes

all begin with nutritional deficiencies

Benefits of Nutritional Care

- Nutritional care plays a **supportive role**
- Assess nutritional status, body composition, functional status, and **quality of life**.
- Failure to address nutrition is associated with longer hospital stays, increased risk of complication and death, and higher health care costs.

Why Check Nutritional Status?

Just like we can't **Run**

before we **Walk**

similarly

We can't Correct **Sickness**

without correcting its

Causes

What Does A Nutritionist Do?

– **Performs** a comprehensive nutrition assessment including weight, height, BMI (Body Mass Index) status, review of labs, and determining the nutrition diagnosis.

– **Plans** and implements a nutrition intervention using evidence-based nutrition practice guidelines which may include diet counseling, suggestions for improvement, and/or specialized food treatments

Food Adulterations

Types & Sources of Adulteration

S#	Type	Objective
1	Physical	Increasing weight
2	Chemical	Prolonging shelf life
3	Microbiological	Due to carelessness
4	Hygienic	Reducing cost
5	Packaging	Reducing cost
6	Economic	Earning extra profit

Artificial Milk

Losing Food Balance Means Inviting Diseases

Excessive Meat/Fat	Excessive Sweets	Excessive Caffeine
Atherosclerosis, heart attack, strokes	Imbalances hunger & fullness	Stops Ca to become part of body
Cancer	Cancer	Hyper-thyroidism
Obesity	Obesity	Hyper-lipidaemia
Diabetes	Diabetes	Insomnia & sleep apnea
High blood pressure	High blood pressure	High blood pressure
Osteoporosis, kidney stone	Dental carry	Osteoporosis
Gout & rheumatoid arthritis	Acidity	Acidity
Hemorrhoids	Memory loss in adults	
Appendicitis	Lack of learning capability in	

Diet Therapy Can Heal

- **Cardiovascular Diseases**: hypertension, dyslipidemia, congestive heart failure
- **Diabetes**: Type 1, Type 2, Gestational
- **Disease Prevention**: general wellness
- **GI Disorders**: celiac disease, cirrhosis, Crohn's disease
- **Oncology/Cancer** including bone marrow transplant patients; HIV/AIDS
- **Food allergy**
- **Nutritional Support**: oral, enteral, parenteral
- **Pediatrics**: infant/child feeding for growth and development, failure-to-thrive, inborn errors of metabolism, etc.
- **Pulmonary Disease**: COPD, cystic fibrosis
- **Renal Disease**: insufficiency, chronic failure, transplantation
- **Weight Management**: overweight/obesity, bariatric surgery, eating disorders
- **Women's Health**: pregnancy, osteoporosis, anemia

Food Drug Interaction

What we

Eat and Drink

can affect the way our

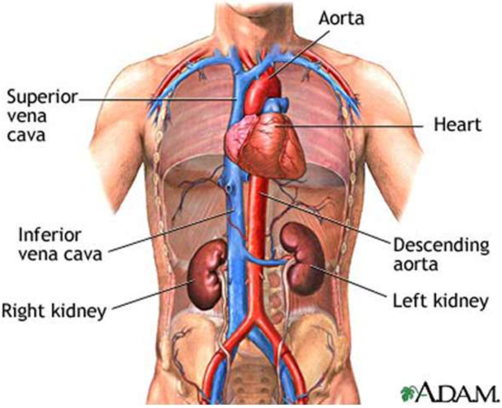
Medicines work

A Food-Drug Interaction can

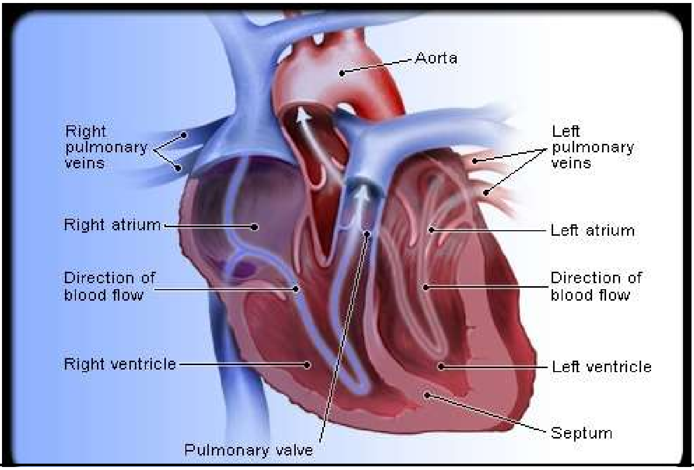
1. Prevent a medicine from working the way it should
2. Cause a side effect from a medicine to get worse or better
3. Cause a new side effect

A medicine can also change the way our body uses a food. Any of these changes can be harmful

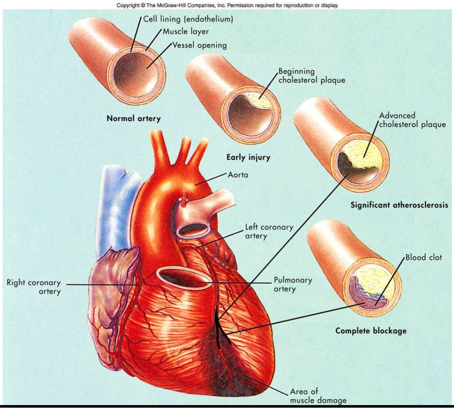
Standard Body Functions

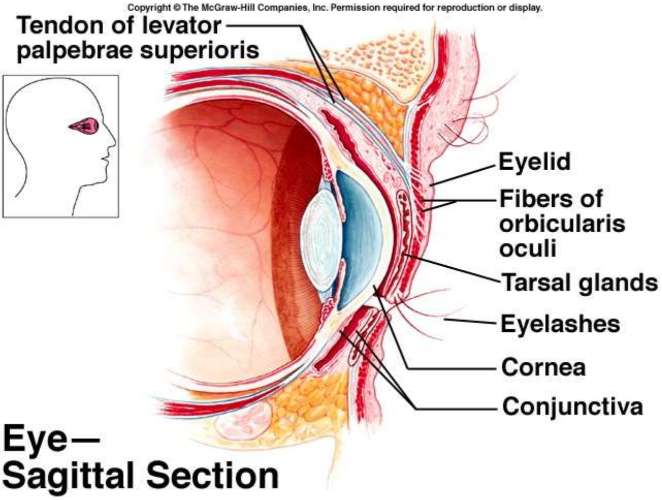


Save Your Heart

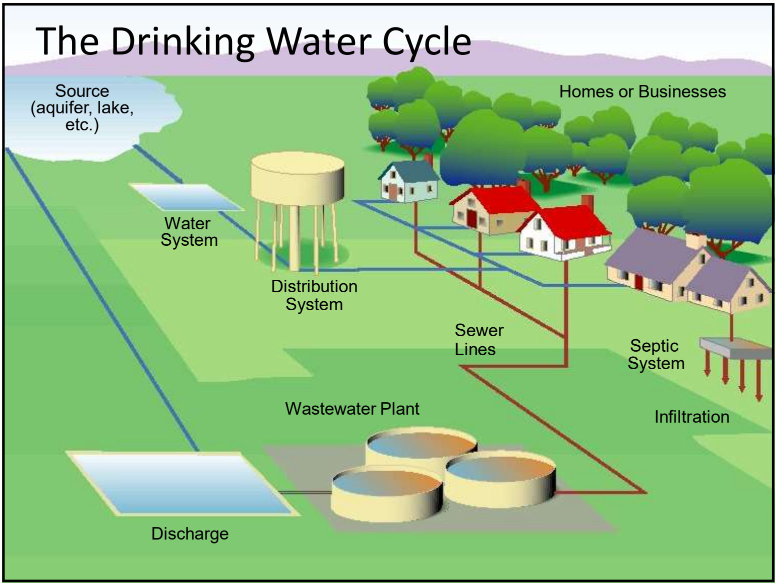


Heart Attack
(Myocardial Infarction)





Safe Drinking Water



EFFECT OF FAST FOODS

1st Effect - Malnutrition

is the condition that results from taking an imbalanced diet in which certain nutrients are lacking, in excess (too high an intake), or in the wrong proportions

The **World Health Organization** cites malnutrition as the greatest single threat to the world's public health

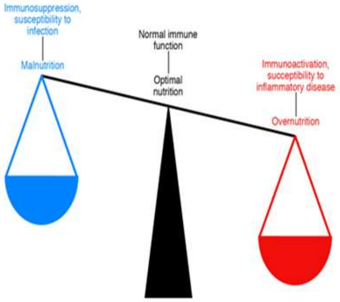
2nd Effect Problems Linked to Soda Consumption

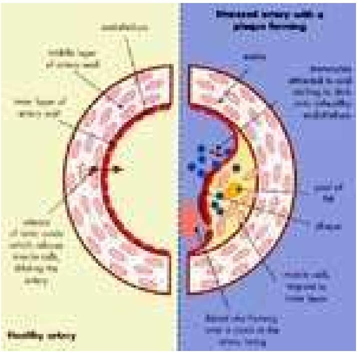
1. Obesity
2. Liver damage
3. Tooth decay
4. Kidney damages
5. Diabetes
6. Acid reflux
7. Osteoporosis
8. Hypertension
9. Heart diseases
10. GIT distress

Over-Nutrition Results in Obesity

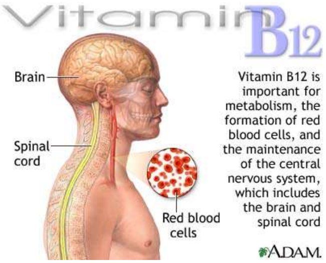
Over-Eating accelerates Heart Diseases

(see an Atherosclerotic Artery)



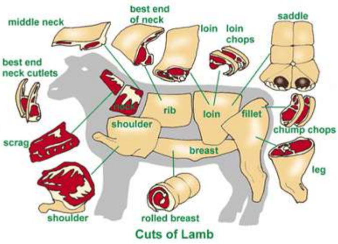


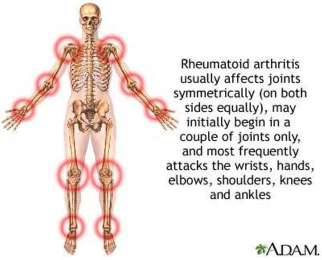
Alcoholism stops Vitamin Absorption



If over-feeding to children is **LOVE** then face the consequences

Over-Eaten Meat destroys Joints

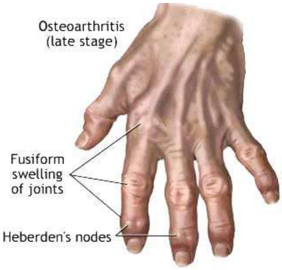




Iodine Deficiency Promotes Goiter

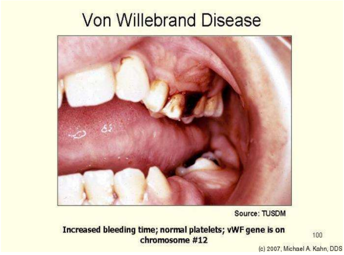
A woman Suffering from Goiter due to insufficient iodine in diet.

Lack of Calcium & Vit-D invites Arthritis & Osteoporosis



Prefer Food over Supplements

OK – You may opt for Supplements if disorder has gone beyond control



Some Healthy Foods

Green Tea

- **Green Tea and Arthritis: Study Conclusion**

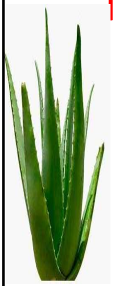
  Examination of joint tissue microscopically revealed marginal infiltration of joint cells in mice receiving the green tea in contrast with massive infiltration in the mice not fed green tea. The effect of the green tea appeared dramatic.
- **Point of Interest**

  In many countries such as India, China, and Japan, green tea is regarded as healthful with the potential to prevent certain illnesses. Seemingly, rheumatoid arthritis in these countries exists at a much lower rate than elsewhere around the world and some people believe strongly in the effect of green tea.

Clean Water

To increase excretion of salts, dilute urine by increasing fluid volume to at least 2 lit per 24 hours in Summers and 1 lit in Winters

MEDICINAL HERBS



The Most Powerful Anti Aging

Despite its revolutionary cosmetics effect, it has stunned healthcare professionals as **Food** (a herb & a veggie)

There are only two **doors** from where diseases attack on the human body **(1)** weak immunity, and **(2)** weak metabolism

Fifty years world research shows that Aloe Vera **closes** both doors and strengthens human body being:

- The strongest **immune enhancer** and **antibiotic**
- The strongest metabolic **synergy**

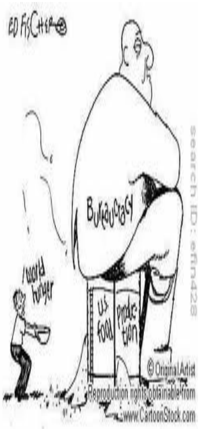
Foods Must Eat

- High fiber foods
- Skin-less poultry
- All fresh fish
- Lush green veggies
- All beans, soybean
- Tomato
- Green tea
- Spices
- Whole grain
- Flaxseed

Foods Never Eat

- Fast foods
- Caffeine rich foods
- Adulterated foods
- Chemical treated
- Table salt & Ajinomoto
- Butter, Margarine & fat
- Lard, Ghee, Mayonnaise
- Fatty goose or duck
- Canned fish & Red meat
- Kidney, brains, liver
- Smoked / salt-cure foods
- Icecream

What is Food Security or Insecurity?



Availability of food as well as a sense of security of the human being to get enough food in time:

- to meet maintenance requirements
- to maintain health for better performance of all acts of life, and
- to grow well to meet production requirements (healthy offspring, milk production, work output, etc.)

A person is food deficient if he/she is consuming lesser than 2100 cal/day

<u>One's grain is another's drain</u>

Some Aphrodisiac Foods

1. Warm milk + Cardamom + Honey
2. Spices: Magic Seed 'Ajwain' or Hing (ferula) roasted in ghee, Green chili, Garlic, Ginger (juice + lemon)
3. Ginseng, Yohimbe, Salajit, Ginkgo biloba, Damiana
4. Chocolates (sedative + stimulant), Coffee
5. Banana, Fig, Pomegranate, Peach, Strawberry
6. Sea foods, especially Oyster
7. Veggies=Celery, Sweet potato, Radish
8. Perfumes especially made fro Almond & Vanilla
9. Red wine

CONCLUSION

Choose Your Life Style

Be Within the Rational Limits

Use Organic Foods to avoid Psychological Problems

Conclusion

- Over-eating of carbohydrates and sugars can lead to decreased sensitivity to serotonin, leading to negative mood and physical side effects like obesity.
- Eating lots of protein can help balance serotonin levels.
- Eating serotonin-boosting foods in the middle of the day can make us drowsy and less focused due to its mild sedative effects.
- Candy bar or a soda (sugar & caffeine) are worst and have only temporary sugary energy boost which results in the sleep-inducing increases so consequently leading to much harder crash.

Conclusion*....cont*

- During winters, walking under the sun or getting away on vacation to somewhere tropical and sunny might be able to naturally boost serotonin levels.
- During summers, walking in the fresh air, sight –seeing, going away to enjoy nature (greenery, oceans, deserts, forests, waterfalls) will also help to boost serotonin.
- Meditation, yoga, charity, social service, talking to friends relieve mood swings through controlling serotonin.
- Thinking positive is the strongest social tool to optimize serotonin supply from the foods.

Conclusion*....cont*

- Sleep and exercise are strongly tied to serotonin.
- Lack of sleeping negatively affects brain's neural signaling and has been shown to desensitize serotonin pathways.
- Exercise is an economical and quick way to regenerate neurons.
- If we are outside lesser than we should be, sleeping odd or too few hours, exercising less, and generally eating poorer, all of these are causing our bodies serotonin levels to get out of control.

Go for wise and Islamic way of eating

Think – Which is Better?

Quran explains eating patterns and feeding norms in

- Surah Al-Maidah
- Surah Al-Inam
- Surah Al-Nisa, and
- Lot of other places

Additionally a lot number of Ahadees instruct us how to eat, serve, cook and use Halal foods

FDRC Invites the Practitioners

Let us Work Together

https://www.youtube.com/c/ThinkTankEcoCare

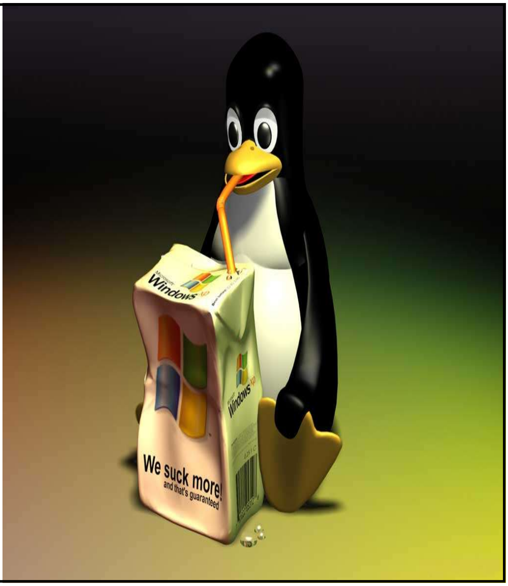
Contact Me

0321 430 2528 dietcare@gmail.com

Or visit my cite

www.facebook.com/DietCare

See You
Next Time
with
Part Two?



ماہنامہ
ڈائٹ کیئر
لاہور
1997 سے بین الاقوامی غذائی معلومات پر شائع ہونے والا پاکستان کا واحد جریدہ

First Dietcare & Research Center
FDRC
You are what you eat

جلد نمبر 10 شمارہ نمبر 12 دسمبر 2006

ایڈیٹر
ڈاکٹر سلطان محمود پی ایچ ڈی
ایڈوائزرز
پروفیسر محمود علی ملک پی ایچ ڈی
پروفیسر عبدالمجید چیمہ پی ایچ ڈی
پروفیسر سفیر احمد جعفری پی ایچ ڈی

اداریہ

آرام طلبی کی قیمت

ہمارے گھرانوں میں ہفتہ میں دو ایک بار بچوں کی فرمائش پر ہوم ڈیلیوری پر ایا شاوارما کا آرڈر دیا جاتا ہے اور پھر پلک جھپکنے میں ڈور بیل بج اٹھتی ہے۔ ایمرجنسی کی صورت میں ایمبولینس یا موبائل پولیس سے بھی سریع الحرکت پکے پکائے کھانے حاضر کرنے میں تو قبل ازیں یہ خوبی صرف الہٰ دین کے چراغ کے جن کی سمجھی جاتی تھی۔

باہر ہوٹل میں جا کر کھانا کھانے یا بازار سے پکے پکائے کھانے لے آنے یا پھر ڈبہ بند مصالحے، سبزیاں، دودھ وغیرہ کے استعمال نے ہمیں کس حد تک محنت کشی سے دور کر دیا ہے اس کا اندازہ اس بات سے لگائیں کہ ان تمام سہولتوں کے باوجود ہمیں باورچی خانے اور گھریلو صفائی و کپڑے وغیرہ دھونے کے لئے ہمہ وقت ملازم کی تلاش رہتی ہے۔

سہولت ہونا ہماری ضرورت ہے لیکن اس کا بے جا استعمال آرام طلبی کو دعوت دیتا ہے۔ آرام طلبی اپنے ساتھ کچھ "بن بلائے مہمان" لے کر آتی ہے جو ہمارے لئے وبالِ جان لیکن معالجین کے لئے حیات کا پیغام لے کر وارد ہوتے ہیں۔ یہ ہمارے خاص مہمان ہیں موٹاپا، ذیابیطس، دل کے امراض بشمول بلند فشارِ خون، جوڑوں کا درد، شریان پھٹنا، جنسی کج روی اور اس نوع کے دیگر انسانی خلیاتی نظام میں خرابی سے پیدا شدہ بیماریاں۔ اس خلل کے ہم خود ذمہ دار ہیں۔

مندرجہ بالا خلل کے شکار مریض کبھی بھی اس کے لئے خود کو قصور وار نہیں سمجھتے۔ کچھ قدرت پر اور کچھ وراثت پر ذمہ داری ڈال کر مطمئن ہو جاتے ہیں۔ اور اگر ان سے بحث کریں تو ذہنی تناؤ و دباؤ، ماحول کی خرابی، گھریلو افراد کی بے اعتنائی وغیرہ کو ذمہ دار قرار دیتے ہیں۔ اور اگر بس چلے تو اس کو بھی "امریکہ کی شرارت" قرار دینے سے گریز نہیں کرتے۔

خواتین و حضرات! سہولیات حاصل کرنا آپ کا حق ہے لیکن آرام طلبی محض حماقت ہے۔ اگر آپ نے پیٹ کے جہنم میں جھونکے گئے ایندھن کے برابر توانائی خرچ نہیں کی تو یقین مانیں یہ "پوزیٹو بیلنس" جسم پر چربی کی تہیں جما دے گا۔ آپ ضرور بازار سے لے کر چپس اور بسکٹ کھائیں۔ برگر یا نہاری سے بھی ہم آپ کا ہاتھ نہیں روک سکتے۔ ڈبہ بند مصالحے، سبزیاں، دہی، اچار، کیچپ وغیرہ لانا آپ کی مجبوری سہی۔ مائیکرو ویو اوون وقت بچاتی ہے۔ لیکن ہفتہ میں 150 منٹ (30 منٹ پانچ دن تک) تیز چلنے سے ہمیں کون روکتا ہے۔ تازہ پھل، ابلی سبزیاں اور ملائی اترا دودھ پینے سے ہم کیوں دور ہیں، بار بار چائے، کافی، کولڈ ڈرنکس پینا کس قانون میں درج ہے۔ ضرورت سے زائد کھانا، غلط اوقات میں کھانا اور کھانے کے ساتھ سویٹ ڈش، کولڈ ڈرنک، چائے یا پھل جوڑ لینا کس حکیم نے کہا تھا۔ پھر کھانا کھاتے لیٹ جانا یا گھنٹوں ٹیلی ویژن اور کمپیوٹر کے سامنے "کاوچ پوٹیٹو" بنے رہنا کیوں ضروری ہے۔

ہر چیز کی قیمت ہوتی ہے اس لئے آرام طلبی کی بھی قیمت ہے جو کہ آپ کو اس وقت ادا کرنا بہت گراں گزرے گی۔ جب جوانی، ادھیڑ عمری اور بڑھاپے کی کوالٹی خراب ہو کے رہ جائے گی۔ **ایڈیٹر**

خاموش قاتل کو غذاؤں سے مار بھگائیں۔

ڈاکٹر سلطان محمود

بلند فشارِ خون یا ہائی بلڈ پریشر کو خاموش قاتل اس لئے کہتے ہیں کہ یہ بیماری خاموشی سے رینگتی ہوئی بغیر ابتدائی علامات ظاہر کئے ہمارے صحت مند جسم کو معذوری و تباہی کے جہنم میں دھکیل دیتی ہے۔ نئے دور کے نئے لائف سٹائل (طرزِ زندگی) کے ثمرات سے یہ خاموش قاتل اب تعارف کا محتاج نہیں رہا۔ اس لئے اس کے بارے میں صرف اتنا ہی کہہ دینا کافی ہے کہ یہ خون کے بہاؤ کی اس طاقت کا نام ہے جو وہ شریانوں کی دیواروں پر تسلسل سے لگاتی رہتی ہے۔ عام طور پر معالجین اس کو "اوپر اور نیچے" (Systolic and Diastolic) کے درجات میں ناپتے ہیں۔ جب دل سے خون باہر کی جانب یعنی شریانوں میں جا رہا ہوتا ہے تو اس کو اوپر کا درجہ کہتے ہیں اور جب دل دو دھڑکنوں کے درمیانی وقفہ میں حالت سکون میں ہوتا ہے تو اس کو نیچے کے درجے کے حوالے سے پہچانا جاتا ہے اس کے مختلف درجات مندرجہ ذیل ہیں۔

علامات	اوپری درجہ	نچلہ درجہ
حالت صحت	120 سے کم	80 سے کم
خطرہ درجہ سوم	120-129	80-84
خطرہ درجہ دوم	120-139	80-89
خطرہ درجہ اول	140 سے زائد	90 سے زائد

دل کے امراض یعنی ہارٹ اٹیک، دماغی شریان کا پھٹنا، انجائنا، شریانوں کی تنگی یا شریانوں کی دیواروں کی سختی وغیرہ میں سے سب سے زیادہ عام بیماری بلند فشارِ خون ہے۔ ہم کس حد تک اس سے خبردار ہیں یا کس حد تک پریشان ہیں یہ تو ہماری "مرضی" ہے لیکن یہ حقیقت ہے کہ یہ بیماری مہلک ہے۔ اور بڑے آرام سے گردوں کو زخمی کر سکتی ہے یا دماغ کی شریان کو پھاڑ کر موت سے ہمکنار کر سکتی ہے۔

disorders.

Our mission remained to help people to become healthier and happier and enable them to contribute more of themselves for the betterment of the nation we all share.

'Dietcare' exists to set the standard for popular nutrition reporting, to teach by getting the information to the largest number of people possible and to support the nourishing of the spirit.

To that end, we do our best each month to publish an interesting, accurate, timely newsletter, to make difficult to understand topics easy-to-understand, to promote basic principles of good health and nutrition, to remain a network of converging and pooling nutrition information

NEW MEMBERSHIP & UPDATING MAILING LIST

From February 2007 ***'Dietcare'*** is planning to add a few selected and qualified members in the mailing list. Membership fee is Rs. 1,000/- per annum (12 issues) while for the patients it is Rs. 500/-. **Closing date is 15 January 2007.** At present it is circulated nation-wide to about 1000 family physicians, consultants, researchers and patients.

Please apply a.s.a.p. because selection will be finalized on first-come-first-serve basis.

PAFP

Pakistan Academy of Family Physicians is an NGO striving for an excellence in medical education and quality practice of family physicians throughout Pakistan. Its asset is glorious past, flourishing present and ideal future. Please join hands with PAFP to build a healthy nation.

Dr. Aftab Iqbal Sheikh
President PAFP
Main Secretariate: 8-A, Main Boulevard Gulberg
Lahore. Tel: 042-8589777

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موت فوت سے ذرا کم خوفناک صورتحال بھی کچھ اتنی حوصلہ افزا نہیں۔ بلند فشارِ خون کسی بھی طریقے سے ادویاتی علاج معالجہ سے مبرا نہیں۔ اور پھر ان دواؤں کے ضمنی برے اثرات اپنی جگہ صحت سے چھیڑ خانی کرتے رہتے ہیں۔ سب سے بڑھ کر یہ علاجات عمر بھر کے ساتھی بن جاتے ہیں یعنی بن بلائے مہمان جو عمر بھر ہمارے ساتھ رہنے کو آ جائیں۔

مگر ایک حوصلہ افزا پیغام صحت بھی ہے۔ جس کی نہ کوئی فالتو قیمت ہے۔ نہ ضمنی برے اثرات نہ معالجاتی خوشہ چینیاں اور وہ تین نعمتیں ہیں جو کہ کم و بیش ہر امیر غریب کے دائرہ اختیار میں ہیں۔ یعنی غذا، مخصوص اضافی غذائیں (Food Supplements) اور سیر۔

ا۔ غذا

زندہ رہنے کے لئے کوئی نہ کوئی غذا تو لینا ہی ہے۔ تو کیوں نہ ایسی غذا لی جائے جو زندگی برقرار رکھنے کے ساتھ ساتھ صحت مند رشتہ تن و جاں بھی قائم رکھے۔ مگر اس بارے صحیح غذاؤں کے چناؤ کا شعور بے حد ضروری ہے۔ بلند فشارِ خون کے حوالے سے ہم ڈیش ڈائٹ (DASH Diet) کا ذکر کرنا چاہیں گے کہ جس کے لغوی معنی ہیں بلند فشارِ خون کو روکنے کے لئے غذائی تدابیر۔ یہ غذا کیسی ہوتی ہے؟ آیئے دیکھیں!

- ☆ ایسی غذا جس میں کل چکنائی، سیر شدہ چکنائی اور کولیسٹرول کم ہوں۔
- ☆ جو پھلوں، سبزیوں اور خصوصی طور پر ریشہ دار غذاؤں سے بھرپور ہو۔
- ☆ جس میں کم مقدار میں بغیر چکنائی والا دودھ، مکھن، مارجرین، دہی، پنیر کے علاوہ گوشت، مرغ، مچھلی و دانے دار اجناس (nuts) ہوں۔

ہارورڈ سکول امریکہ کا خبرنامہ صحت (جنوری 1998) کہتا ہے کہ مندرجہ بالا ڈیش ڈائیٹ کے دو ماہ کے مسلسل استعمال میں بلند فشارِ خون کو نمایاں طور پر نارمل سطح پر لانے میں اتنا ہی کمال حاصل ہے جتنا بعض ادویات کو ہے۔ دوسرے الفاظ میں پہلے درجے کے مریضوں میں یہ دواؤں کا مکمل نعم البدل ہے۔ ڈیش ڈائیٹ کا نمایاں جزو لائینگ پوٹاشیم ہے جو اس میں نارمل 3.5 گرام کی بجائے 4.7 گرام روزانہ تک شامل رہتا ہے۔ یہ نمک کیلے، کینو، مالٹے کے جوس، آلو اور دہی وغیرہ میں بدرجہ اتم موجود ہے۔

۲۔ مخصوص اضافی غذائیں Food Suppliment

شاید قارئین کے ذہن میں سوال ابھرے کہ فوڈ سپلیمنٹس تو خاصے مہنگے ہوتے ہیں۔ تو غریب کا بال کیا کرے گا؟ عرض ہے کہ لہسن میں خصوصی طور پر پرانے لہسن میں وہ تمام خوبیاں موجود ہیں جو بلند فشارِ خون کی عام دوائی میں ہیں لیکن اضافی فائدہ یہ ہے کہ دواء کے ضمنی برے اثرات کا خطرہ بھی نہیں ہوتا۔ پرانا لہسن ہمارے جسم میں اس انزائم یا خامرے (ACE) کو کام کرنے سے روک دیتا ہے جو بلند فشارِ خون کا باعث بنتے جا رہا ہوتا ہے۔ پرانے لہسن کا دوسرا فائدہ یہ بھی ہے کہ یہ اس کیمیکل (Angiotensin - II) کو بھی کام سے روک دیتا ہے کہ جس کے باعث خون کی نالیاں سکڑ کر خون کے دباؤ کو بڑھا دیتی ہیں۔

پرانے لہسن کا تیسرا فائدہ یہ ہے کہ یہ ہمارے خون میں نائٹرک اوکسائیڈ کی سپلائی کو بڑھاتا ہے کہ جس کے باعث خون کی نالیاں پھیل کر خون کی گردش کو آسان راستہ فراہم کر دیتی ہیں۔

3۔ سیر و ورزش

اس بارے تو اب مصدقہ رپورٹس موجود ہے کہ وزن کم کرنے اور ہفتہ میں 150 منٹ یعنی ہفتہ میں پانچ دن آدھ گھنٹہ روزانہ) تک تیز سیر کرنے سے بلند فشارِ خون نمایاں طور پر کم ہو جاتا ہے۔ یوں تو مندرجہ بالا سیر یا ورزش سے وزن خود ہی کم ہونا شروع ہو جاتا ہے لیکن اگر وزن کم نہ بھی ہو تو خالی سیر ہی فشارِ خون کو نارمل کرنے کی صلاحیت رکھتی ہے۔ سیر وہ کام کر دکھاتی ہے جو بیٹا بلاکر (Beta Blocker) بھی نہ کر سکیں۔ یہی جدید دواؤں کی بنیاد ہیں۔ یہ بات اب ثابت شدہ ہے کہ 150 منٹ فی ہفتہ تیز چلنے والے حضرات کو ہائی بلڈ پریشر کم کرنے والی ادویات کھانے کی ضرورت نہیں رہتی۔

جناب اقبال احمد قریشی چیف ایگزیکٹو قریشی انڈسٹریز کو WWF پاکستان (عالمی جنگلی حیات فنڈ برائے قدرتی ماحول) کا نیا صدر منتخب ہونے پر ادارہ فرسٹ ڈائٹ کیئر اینڈ ریسرچ سنٹر لاہور کی جانب سے دلی مبارکباد۔ اللہ تعالیٰ ان کو قدرتی ماحول کی بہتری کے لیے مزید ہمت عطا فرمائے۔ آمین

2x7's
ENCID 20
Capsules
(Omeprazole 20 mg)
WILSON'S
Pharmaceuticals
QMS ISO 9001-2000
EMS ISO 14001 Certified
387-388, I-9 Industrial Area, Islamabad-Pakistan

حیاتین ب ۶

حیاتین ب ۶ کی کمی خاص طور پر مانع حمل ادویہ استعمال کرنے والی خواتین میں رونما ہوتی ہے۔ فولک ایسڈ کی طرح اس کی کمی سے بھی قلب کے حملے کا خطرہ بڑھ جاتا ہے اور بوڑھوں کا نظام مدافعت بھی کمزور رہتا ہے۔ اس کی زیادہ مقدار (۵۰۰ ملی گرام روزانہ) سے اعصاب کو نقصان پہنچتا ہے۔ اسی طرح کم مقدار (۵۰ ملی گرام روزانہ) سے بھی مسائل صحت پیدا ہو سکتے ہیں۔

حیاتین ب ۱۲

اس کی کمی سبزی خوروں میں نمایاں ہوتی ہے، کیونکہ صرف حیوانی اجزاء گوشت، مچھلی وغیرہ اس کے اہم ذرائع ہوتے ہیں۔ بوڑھوں میں اس کی کمی سے یادداشت متاثر ہوتی ہے۔ اس کی روزانہ درکار مقدار ۶ مائکروگرام مقرر کی گئی ہے۔

حیاتین د

حیاتین د یعنی وٹامن ڈی کی روزانہ مقرر کردہ مقدار چار سو انٹرنیشنل یونٹ ہے اور اس کی وجہ سے ہڈیوں میں کیلشیم ٹھیک طور پر جذب ہوتا ہے۔ اس کا بہترین ذریعہ سورج کی روشنی ہے، اس لیے ضروری ہے کہ اس حیاتین کی حامل اشیاء کھائی جائیں۔ خاص طور پر بوڑھوں کے لیے یہ ضروری ہوتا ہے، کیونکہ عمر میں اضافے کے ساتھ جلد میں دھوپ سے یہ حیاتین حاصل کرنے کی صلاحیت گھٹتی جاتی ہے۔ اس کی بھاری مقدار صرف معالج کے مشورے اور نگرانی میں ہی کھانی چاہیے۔

تانبا

قلب کی صحت میں اس کا کردار بہت اہم ہوتا ہے۔ عام آدمیوں کے لیے اس کی مقرر روزانہ مقدار ۲ ملی گرام ہے۔ تانبا مانع تکسید خامروں (انزائمز) کی تیاری اور تشکیل میں اہم کردار ادا کرتا ہے۔ اس کے ساتھ یہ بھی ضروری ہے کہ جست بھی جسم کو ملتا رہے، لیکن زیادہ مقدار میں نہیں۔

جست

روزانہ کی خوراک سے جست (زنک) ۱۵ ملی گرام کی مقدار میں ملنا چاہیے۔ اس سے جسم میں زخم بھرنے (اندمال) کی صلاحیت چوکس اور چست رہتی ہے۔ اس کے علاوہ جسم کی قوت مدافعت مضبوط رہتی ہے۔ بعض علاقوں کی مٹی میں اس کی سطح کم ہونے کی وجہ سے ان کی پیداوار یعنی فصلوں وغیرہ میں بھی اس کی مقدار کم ہوتی ہے اور پھر ایسی غذائیں کھانے والے لوگوں میں جست بھی کم رہتا ہے۔ بوڑھوں میں اس کی کمی سے ان کی قوت مدافعت بھی کمزور پائی گئی ہے، تاہم اس کی زیادہ مقدار (۲۵ ملی گرام روزانہ) بھی نقصان دہ ہوتی ہے۔ اس سے نظام مدافعت کمزور ہو سکتا ہے۔

فولاد

ایام کی بندش یعنی سن یاس (مینوپاز) سے پہلے خواتین کے لیے فولاد کی زیادہ مقدار درکار ہوتی ہے۔ ایسی خواتین کے لیے ضروری ہے کہ انھیں روزانہ ۱۸ ملی گرام فولاد ملتا رہے۔ ایام کی کثرت اور دوران حمل اس سے زیادہ مقدار میں فولاد درکار ہوتا ہے۔ ایام کی بندش کے بعد خواتین کو اس کی زیادہ مقدار درکار نہیں ہوتی۔ مردوں کے لیے اس کی روزانہ درکار مقدار ۹ ملی گرام ہوتی ہے۔ خون میں فولاد کی کثرت سے بھی حملہ قلب کا تعلق ہو سکتا ہے۔

بقیہ آئندہ شمارہ میں

شہد کے فوائد پر جدید تحقیق

حالیہ تحقیق کے مطابق اگر روزانہ شہد کے چار بڑے چمچے (چاول کھانے والے) پانی میں گھول کر پی لیے جائیں تو خون میں مانع تکسید عناصر کا اضافہ ہوتا ہے اور ان کی وجہ سے شریانوں کی تنگی کو روکنے میں مدد ملتی ہے۔ شہد میں بھی اسی قدر مانع تکسید عناصر ہوتے ہیں جتنے کہ پالک، سیب، کیلے، سنگترے اور اسٹرابیری میں۔

شہد کے بارے میں اس سے قبل جو تحقیق ہوئی تھی اس سے پتا چلا تھا کہ یہ کیلوں، پھپولوں اور معدے کے السر کے لیے مفید ہے۔ اسے برطانیہ کے کچھ ہسپتالوں میں اندمال زخم اور ان زخموں کے علاج کے لیے بھی استعمال کیا جا رہا ہے جو تعدیہ (انفیکشن) سے متاثر ہیں۔ شہد کے طبی فوائد کے بارے میں معلومات بڑھ رہی ہیں اور شفاخانوں کے علاوہ گھروں میں بھی اسے بطور علاج استعمال کیا جاتا ہے۔

شہد کا طبی استعمال کم از کم دو ہزار سال سے جاری ہے۔ ارسطو نے زرد شہد کو آشوب چشم اور اندمال زخم کے لیے مفید قرار دیا تھا، لیکن اس کی جراثیم کش، مانع تکسید اور مانع ورم یا مانع سوزش خصوصیات کو حال ہی میں تحقیق کے ساتھ ضبط تحریر میں لایا گیا ہے۔

شہد میں پائے جانے والے خامرات (انزائمز میں ہائیڈروجن پر آکسائڈ کی موجودگی اس کی طبی خاصیت کی اصل وجہ ہے، لیکن شہد کی بعض اقسام میں دیگر فائدہ مند نباتی کیمیائی اجزاء بھی پائے جاتے ہیں۔ نیوزی لینڈ کے ایک سائنسدان نے ستر ایسے تحقیق مقالوں کا ذکر کیا ہے جن میں امراض آنت و معدہ اور امراض چشم کے علاج میں شہد کی افادیت کی بات کی گئی ہے، لیکن سب سے زیادہ اسے جلد کے امراض کے علاج یا زخموں کے اندمال کے لیے استعمال کیا جاتا ہے۔

ایک مقالے میں تقریباً ساٹھ مریضوں کا تذکرہ ہے جن کے زخم اور جلدی السر دو دو سال سے مندمل نہیں ہوئے تھے۔ یہ زخم اور السر شہد لگانے کے دو ہفتے کے اندر اندر بھرنے لگے اور ان کی عفونت ختم ہوگئی۔ ایک اور تجربے کے دوران میں روزانہ شہد لگانے سے مریضوں کو گوشت خور جرثوموں کی بیماری سے چھٹکارا ملا۔ یہ شفایابی اس سے بھی جلد ہوئی جتنا جلد جراحی یا اینٹی بایوٹکس سے ہو سکتی ہے۔ مختصر یہ کہ شہد سے مرہم پٹی بہت موثر ثابت ہوئی اور اکثر اوقات زخم پوری طرح مندمل ہو گیا۔

شہد کی دیگر طبی خصوصیات بھی ہیں۔ اسے لیموں اور گرم پانی میں گھول کر پئیں تو گلے کی خراش اور کھانسی دور کرتا ہے۔ گرم دودھ میں ملا کر پئیں تو نیند اچھی آتی ہے۔ شہد سے پھپوندی کی شکایت (Fungal Probelms) کا توڑ ہوتا ہے اور خشک جلد دوبارہ تر و تازہ ہو جاتی ہے۔

بشکریہ ہمدرد صحت کراچی

کیا آپ درست غذا کھا رہے ہیں؟

بشکریہ ہمدرد صحت کراچی

ماہرین تغذیہ کے مطابق تازہ سبزیاں، پھل، ثابت اناج اور کم چکنائی والا دودھ اور اس سے تیار ہونے والی اشیاء دہی وغیرہ، سب سے عمدہ اور بہترین غذائیں ہیں۔ جو لوگ انہیں اپنی غذا میں شامل رکھتے ہیں، انہیں ان سے معدنی اجزاء حیاتین، ریشہ، نباتی کیمیائی اجزاء (فائٹو کیمیکل) جیسی اہم غذائی اشیاء حاصل ہوتی ہیں، لیکن اس کے باوجود ہم غذائی اجزاء کی کمی کے شکار رہتے ہیں۔ کیوں؟ اس لیے کہ اب غذائیں تازہ نہیں ہوتیں۔ یہ سبزیاں اور پھل کھیت سے منڈی تک سینکڑوں میل دور سے لائے جاتے ہیں۔ کراچی میں ملنے والی سبزیوں کی بہت بڑی مقدار بیس سے چوبیس گھنٹوں بعد ہی دکانوں پر سجائی جاتی ہے۔ عام مشاہدہ ہے کہ صبح سویرے بچی اور پرانی سبزیاں میلے گدلے پانی کے ڈرم میں ڈال دی جاتی ہیں۔ اس پانی میں نائٹرک ایسڈ گھولا جاتا ہے جس کے اثر سے ان کی رنگت نکھرتی ہے، ان میں پانی جذب ہوتا ہے اور یہ تازہ نظر آتی ہیں۔ ان سبزیوں کے اہم غذائی اجزاء اس پانی میں گھل جاتے ہیں جس کے بعد غذائی اعتبار سے یہ سبزیاں قلاش ہو جاتی ہیں۔ یہی کچھ اکثر پھلوں کے ساتھ ہوتا ہے، مثلاً موسمی، کینو، مالٹے، سیب وغیرہ کو روزانہ غسل دیا جاتا ہے اور ان سبزیوں اور پھلوں پر دن بھر غسل کے اسی پانی کا چھڑکاؤ ہوتا رہتا ہے۔

تازہ بتا کر فروخت ہونے والی یہ سبزیاں بالعموم قصبوں اور شہروں کی قریبی زمینوں پر لگائی جاتی ہیں اور انہیں نالوں، گٹر اور گندے جوہڑوں کے پانی سے سیراب کیا جاتا ہے۔ اس پانی میں کارخانوں سے خارج ہونے والے کیمیکلز کے علاوہ فصلوں پر چھڑکی جانے والی زہریلی کیڑے مار دوائیں بھی شامل ہوتی ہیں بلکہ خود ان پر بھی ایسی دوائیں چھڑکی جاتی ہیں اور ان کی پرورش مصنوعی کھاد پر ہوتی ہے۔ کورنگی کے وسیع صنعتی علاقے سے ملیر ندی میں آنے والے پانی سے سبزیاں اگائی جاتی ہیں۔ اس پانی میں مختلف قسم کے مضرِ صحت کیمیائی اجزاء شامل رہتے ہیں۔ تحقیق سے ثابت ہو چکا ہے کہ اس پانی سے اگائی جانے والی سبزیوں میں بھی ان زہریلی اشیاء کی بھاری مقدار شامل رہتی ہے۔

یہی دودھ اور مرغی کے گوشت وغیرہ کا حال ہے۔ ان کی آلودگیوں کی تفصیلات شائع ہوتی رہتی ہیں۔ ایسی اشیاء کے استعمال کے بعد قلتِ تغذیہ کے مضر اثرات کا رونما ہونا یقینی ہے۔ انہیں کھا کر اچھی صحت کی توقع کس طرح کی جا سکتی ہے؟

صاف اور خالص غذائی اجزاء کی یہی کمی کثیر الحیاتین گولیوں وغیرہ کے استعمال کو اکثر اوقات ناگزیر بنا دیتی ہے۔ صاف ستھری مٹی، قدرتی کھاد اور صاف پانی سے حاصل ہونے والی سبزیاں اور پھل حاصل کرنا مشکل نہیں ہے بشرطے کہ اس کا اہتمام کیا جائے۔ ترقی یافتہ ملکوں میں اب یہ طریق کاشت مقبول ہو رہا ہے، ہمارے ہاں بھی اس کی ضرورت ہے۔ تحفظ ماحولیات کا یہ بھی ایک اہم پہلو ہے، جس پر توجہ دینا بہت ضروری ہوتا جا رہا ہے۔

کثیر الحیاتین یا ملٹی وٹامن ملٹی منرل گولیوں کے انتخاب میں اس بات کا خیال رکھنا بہت ضروری ہے کہ ان میں درکار تمام حیاتین و معدنی اجزاء مقررہ مقدار میں موجود ہوں۔ اس کے باوجود ترقی یافتہ ملکوں کے غذائی ماہر یہ محسوس کرتے ہیں کہ ایسے بعض اجزاء ان گولیوں کے علاوہ بھی اضافی مقدار میں غذا میں شامل رہیں۔ ان میں یہ اجزاء شامل ہیں۔

حیاتین الف/ بیٹا کیروٹین

امریکی معیار کے مطابق حیاتین الف (وٹامن اے) کی روزانہ درکار خوراک پانچ ہزار یونٹ ہے۔ اس میں سے کچھ حیاتین، بیٹا کیروٹین والی اشیاء مثلاً گاجر، پپیتے وغیرہ سے ملنے چاہئیں۔ ۳ ملی گرام بیٹا کیروٹین روزانہ درکار ہوتا ہے۔ یہ ایک اہم مانع تکسید (اینٹی آکسیڈنٹ) ہے۔ اس کی وجہ سے پھیپھڑوں کے سرطان سے تحفظ حاصل رہتا ہے، بلکہ دیگر قسم کے سرطان سے بھی یہ محفوظ رکھتا ہے۔ اس سے مرضِ قلب، فالج اور موتیا بند سے بھی تحفظ حاصل ہوتا ہے۔ تجرباتی طور پر چھ سال تک ایک دن کے ناغے سے ۵۰ ملی گرام بیٹا کیروٹین کھانے والے مریضوں میں سے نصف تعداد قلب کے مہلک حملوں، فالج اور انجیو پلاسٹی سے محفوظ رہی۔ بیٹا کیروٹین منہ اور غذائی نالی کے سرطان سے بھی محفوظ رکھتا ہے۔ تاہم تمباکو کا استعمال جاری رکھنے کی صورت میں بیٹا کیروٹین سے پھیپھڑوں کے سرطان کا خطرہ بڑھ جاتا ہے۔ ماہرین کی رائے میں اس کی روزانہ مقدار ۶ ملی گرام مناسب ہوتی ہے۔ یہ بات بھی علم میں ہے کہ حیاتین الف کا مقررہ مقدار سے زیادہ استعمال مفید کے بجائے مضر ثابت ہوتا ہے، لیکن بیٹا کیروٹین اس میں شامل نہیں ہے۔

نایاسین

نایاسین کی بھاری مقدار (۱۰۰۰ ملی گرام) چونکہ خون میں قلب دوست کولیسٹرول (ایچ ڈی ایل) کی سطح زیادہ کرتی ہے، اس لیے اسے قلب کے مریضوں کے لیے مفید قرار دیا جاتا ہے جب کہ عام افراد کے لیے اس کی روزانہ مقدار ۲۰ ملی گرام مقرر کی گئی ہے۔ یہ کولیسٹرول کے علاوہ ٹرائی گلیسرائڈز بھی کم کرتی ہے۔ اس سے زیادہ مقدار میں نایاسین، صرف اور صرف معالج کے مشورے سے ہی کھانی چاہیے، کیونکہ بھاری مقدار میں یہ جگر کو نقصان پہنچا سکتی ہے، خاص طور پر دھیرے دھیرے گھلنے والی قسم کی نایاسین۔

فولک ایسڈ

حمل کی خواہاں اور حاملہ خواتین کے لیے خاص طور پر اس کے ۴۰۰ مائکرو گرام یا صفر اعشاریہ چار ملی گرام روزانہ استعمال کرنا اب ضروری سمجھا جاتا ہے، کیونکہ اس کے استعمال سے ہونے والے بچے اعصابی اور دماغی معذوریوں اور کمزوریوں سے محفوظ رہتے ہیں۔

اس کے علاوہ اس کی کمی سے خون میں مضرِ قلب جز ہوموسسٹین کی سطح بڑھ جاتی ہے۔

اس کے علاوہ یہ پوری مقدار میں ملے تو اس سے فمِ رحم اور بڑی آنت کا سرطان بھی نہیں ہوتا۔

diets high in caffeine, sugar, and alcohol as well as those who smoke and/or use recreational drugs are more likely to experience ED. The most commonly cited psychological cause of ED is said to be performance anxiety, but other emotions can dampen enthusiasm. These include depression, fear of intimacy, guilt, shame, and boredom.

Understanding Erectile Function

Paradoxically, erection involves the relaxing of muscles. When a stimulus is sexually arousing (a function of free testosterone), the brain sends signals down the spinal cord, along the prostate gland, and into the penis. This causes the release of a neuro-transmitter called nitrous oxide (NO).

The presence of NO activates an enzyme cascade resulting in the metabolite cyclic GMP. The cGMP relaxes muscles in the corpora cavernosa. This consists of two spongy bundles of nerves and blood vessels in the penis. (There are equivalent structures in the clitoris.) The relaxation allows the bundles to engorge with blood, resulting in an erection. Once these tissues are expanded, veins that normally carry blood away from the penis are squeezed shut, trapping the blood inside, maintaining the erection.

According to Pfizer's Product Prescribing Information, Viagra enhances the effect of NO by inhibiting an enzyme which would normally cause the breakdown of GMP. Arginine is a precursor for the production of NO. Through differing mechanisms, both of these substances support erectile function by keeping cGMP in circulation.

Arginine is used by the body to produce nitrous oxide (NO), a neurotransmitter. One effect of NO is the relaxation and dilation of the blood vessels. Sexual stimulation causes the local release of NO, and, in brief, an erection occurs. Arginine is absolutely necessary for the production of NO. No NO, no action. NO also plays a part in the sexual arousal of women.

The researchers found that mega-doses of arginine significantly improved erectile response in aging animals and concluded that the data support multivitamin-mineral formula containing all the B complex vitamins as well as 200 mcg of selenium, 200 mcg of chromium, and 15-20 mg of zinc. (Vanadyl sulfate which helps the body to utilize carbohydrates is also a good idea, 50-100 mcg.) Your daily intake of supplemental vitamin C needs to total at least 1000 mg, and vitamin E, 400 IU. Calcium (1000 mg if you don't drink milk or eat cheese daily) and magnesium (500-1000 mg in any case) are recommended for bone density, heart health, and sexual function. Eat fish 2-3 times weekly or take a tablespoon of flaxseed oil daily to the possible use of dietary supplements for the treatment of erectile dysfunction.

On the other hand, neuroscientists consider NO as a brain toxin with deleterious effects on the CNS. But no evidence to establish at what point arginine might cause the "toxic" production of NO.

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The nutritional professionals, however, are very enthusiastic about arginine. The average dose they recommend is 6-12 grams per day. Opinions about timing vary from divided doses during the day to all at once several hours before the planned activity. Two to five grams per day can be a starting point.

One known side effect is that large quantities of arginine may cause diarrhea. Also diets high in foods containing arginine and lacking in those containing lysine have been associated with chronic herpes outbreaks. If you have this concern, you will need to experiment with the effects of supplemental arginine. If the arginine proves to be a problem, it can be balanced with lysine supplements.

Insufficient zinc is associated with decreased testosterone levels

Often called "the man's mineral," adequate zinc is essential for hormone activity and reproductive health. It is the most important nutrient of the prostate gland and is a major component of seminal fluid.

Besides decreased testosterone, insufficient zinc negatively affects wound healing, energy levels, immune response, and prostate health. It has been

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Sharing global information on Diet, Food & Nutrition
First ever publication in Pakistan

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Editorial

DIETARY GUIDELINES FOR THE NATION

We believe that helping people to become healthier and happier enables them to contribute more of themselves for the betterment of the nation we all share. But uninvited advice loses importance. We believe that our nation needs dietary guidelines but it was never realized. As a bent of mind, we are neglecting the saying 'an apple a day keeps the doctor away'. Now our physicians are closer to us than ever, and even surgeons. Good luck. In turn, we are away of fresh fruits, vegetables, milk and meat. To whom we love? They are the long stored pizzas, burgers, milk and bakery items. We love fizzy drinks, tea / coffee, chocolates, canned foods and even over-cooked and unsafe micro-waving. To whom we are serving? To our taste buds? To multinational food chains or to our deteriorating health. Decision is simple. Check the health statistics of the nation:

- *One mother dies in 50 at delivery; while 63-80% of maternal deaths at prenatal, natal and post natal level are avoidable.*
- *Number of registered doctors in Pakistan is 91,6823. Hence population per doctor is 1529*
- *10% population is established diabetic and next 10% is suffering from diabetic morbidity.*
- *Utilization of public health services is only 19%.*
- *Total health expenditure in Pakistan is 2.4% of GDP (in India it is 4.8%)*

Population pressure is squeezing agricultural lands thus promoting poverty. This incompetent land is giving way to processed foods. Multinational companies earn profit and we save time thus both are happy. We sleep a lot, move less deliberately, eat more junks and then complain for a 'metabolic syndrome'! Where we want to go? Still we don't need dietary advice! Surprising!!

Editor

DIETS HELPING MALE SEX FUNCTION

K. Rosenblatt, Nutrition News,
California, USA

Beginning with a worldwide drop in sperm count, men's health issues have recently been at the forefront of the news.

Male impotency, previously a hush-hush topic, has appeared dolefully. Contrary to public opinion, erectile dysfunction (ED) is not a politically correct term for impotency. Experts defined it specifically as an inability to attain and maintain an erection sufficient to permit satisfactory intercourse at least 75 percent of the time. This distinguishes ED from a range of sexual problems related to impotency and includes the loss of libido, premature ejaculation, and the inability to achieve orgasm.

Over 50 percent of men between 40 and 70 experience some degree of impotence. ED is physiological, accounting for 90 percent of all cases in men 50 and older. This leads people to blame aging per se as the cause of the problem. In fact, men have the physiological capacity for erection well into old age. Be aware, impotence is a symptom, not a diagnosis.

And, with few exceptions, it is a symptom of poor health. The list of health concerns related to ED includes vascular disease (such as diabetes and heart disease); medications (especially those for depression and high blood pressure); high cholesterol (for each 10 points above normal, the risk of ED increases by 32 percent); endocrine disorders (particularly under active thyroid or pituitary function); neurological conditions (such as Parkinson's and multiple sclerosis); surgery in the genital area; prolonged stress; low level; testosterone and zinc deficiency. Men with

linked with the development of benign prostatic hyperplasia (BPH or enlarged prostate gland). Getting enough zinc reverses these symptoms, relieves BPH, and may protect against prostate cancer. Zinc supplementation has been recommended in the amounts of 15-60 mg per day. Foods high in zinc include oysters, lean meat, poultry and organ meats.

Tool Up with Good Health!

As an added bonus, a lifestyle which improves your physical vitality and increases circulation, also supports the flow of well-oxygenated blood to the brain.

A minimal supplement program consists of complex vitamins as well as 200 mcg of selenium, 200 mcg of chromium, and 15-20 mg of zinc. (Vanadyl sulfate which helps the body to utilize carbohydrates is also a good idea, 50-100 mcg.) Your daily intake of supplemental vitamin C needs to total at least 1000 mg, and vitamin E, 400 IU. Calcium (1000 mg if you don't drink milk or eat cheese daily) and magnesium (500-1000 mg in any case) are recommended for bone density, heart health, and sexual function. Eat fish 2-3 times weekly or take a tablespoon of flaxseed oil daily toa insure a higher intake of omega-3 fatty acids. Never cook with flax oil; it is highly vulnerable to oxidation. The omega-3 oils support hormone production and heart health.

Increasing Potency, Naturally

Supplements which most directly affect "potency" include the herbs yohimbe, muira pauama, stinging nettle, and tribulus terrestis, the amino acid arginine, and the mineral zinc. Adjunctive supplements for sexual support include the herbs ginkgo biloba, ginseng, and saw palmetto, the hormone DHEA, plus a variety of antioxidants.

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WELCOME TO THE 17TH INTERNATIONAL CONFERENCE OF THE PSFP

First Dietcare & Research Center (FDRC) hails Pakistan Society of Family Physicians (PSFP) to organize 17th International Conference on Family Medicine at Lahore. We believe that the torch of sharing medical information lit by Late Dr. Bashir Ahmad is on the road of continued success under the untiring leadership of Dr. Aftab Sheikh and his team. We cordially welcome this great effort of the PSFP.

Since mission of FDRC and PSFP is the same, ***FDRC announces a 50% subscription of 'Dietcare'*** *to the friends attending 17th Conference at Lahore. Please complete your mailing information on the prescribed form available in this bulletin.*

ANNOUNCEMENTS

NEXT ISSUE OF '*DIETCARE*' COMPLETES A DECADE OF PROFESSIONAL SUCCESS

Completion of 10 years (1997-2007) of intellectual information sharing service for the benefit of general public, family physicians, researchers, nutritionists and particularly the patients suffering from metabolic

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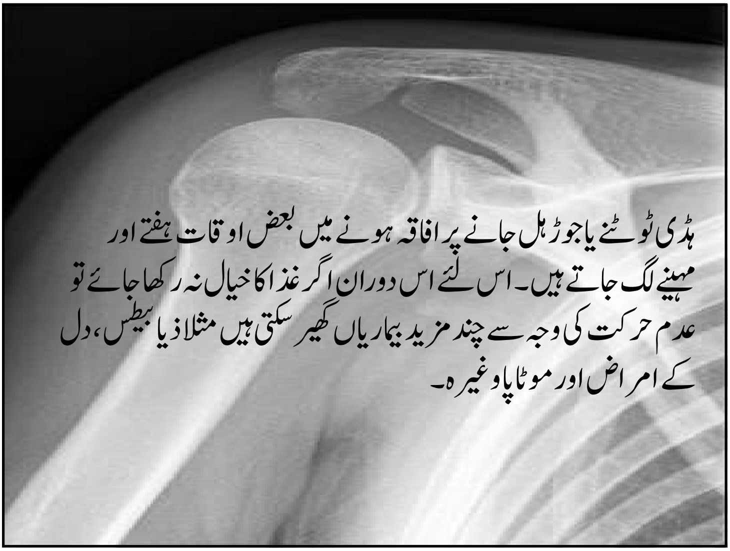

ہڈی ٹوٹنے یا جوڑ ہل جانے پر افاقہ ہونے میں بعض اوقات ہفتے اور
مہینے لگ جاتے ہیں۔ اس لئے اس دوران اگر غذا کا خیال نہ رکھا جائے تو
عدم حرکت کی وجہ سے چند مزید بیماریاں گھیر سکتی ہیں مثلاً ذیابیطس، دل
کے امراض اور موٹاپا وغیرہ۔

سرجری وغیرہ کے بعد بعض اوقات بھوک بھي کم ہو جاتی ہے۔لہذا مریض کم غذا لیتاہے جس سے جسم میں غذائیت کی کمی واقع ہو سکتی ہے۔اگر اچھی غذا اس وقت نہ دی جائے تو مریض کے جسم میں کمزوری یازخموں کے مندمل ہونے میں تاخیر ہو سکتی ہے۔

بستر پر پڑے رہنے کے دوران مردوں کے لئے 1500 تا 1800 کیلوریز یا حرارے اور عورت کے لئے 2000 کیلوریز والی خوراک بہتر رہتی ہے۔

ان حالات میں متوازن غذا جن اجزاء
پر مشتمل ہونی چاہیے ان میں بغیر چربی والا
گوشت، پھل، ابلی سبزیاں، چھلکے سمیت
اجناس، کم چکنائی والا دودھ، دہی
اور پنیر شامل ہے۔

وٹامن ڈی کی اضافی خوراک کی ان دنوں زیادہ ضرورت ہوتی ہے۔ تاکہ لی گئی غذا میں سے کیلیشیم زیادہ سے زیادہ جذب ہو کر جسم کا حصہ بن سکے۔ یہ ہڈیوں کو جلد صحت یاب ہونے میں مدد کرتا ہے اور تیزی سے بڑھوتری لا سکتا ہے۔ اگر وٹامن ڈی نہ لیں تو پھر ہڈیوں کا کیلیشیم باہر آسکتا ہے لہٰذا ہڈی مزید کمزور ہو جاتی ہے۔

مچھلی، انڈے کی زردی، مارجرین اور دودھ کیلیڈ یم کے بہترین ذرائع ہیں۔

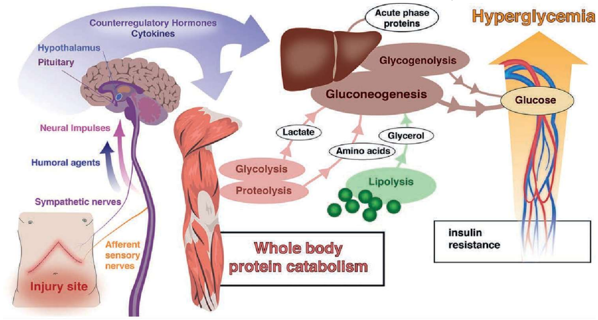
علاوہ ازیں بادام اور گہری سبز رنگ والی سبزیاں بھی قابل ذکر ہیں۔

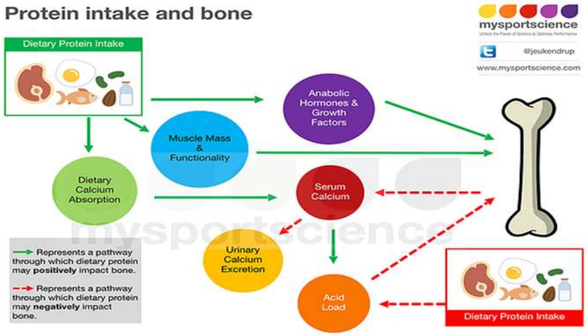
ایسے حالات میں کیفیب پر مشتمل غذائیں بالکل نہیں لینی چاہیں۔

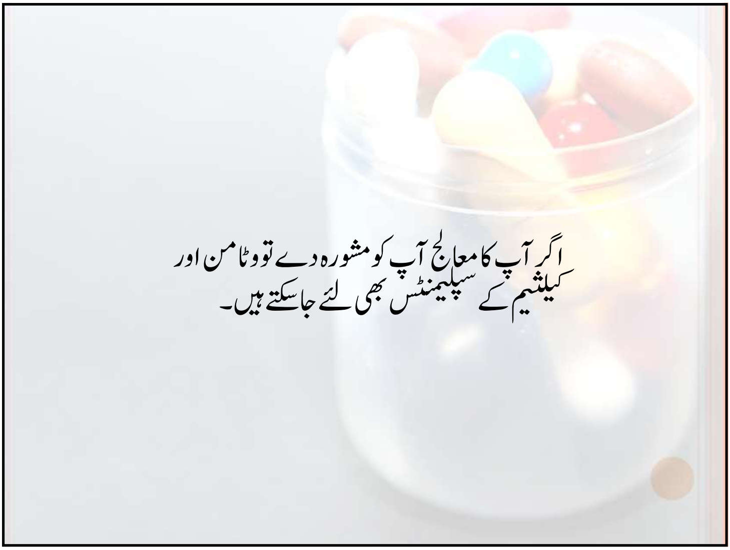
کیلشیم حاصل کرنے کے ذرائع

Category	Item	Serving Size	Range: Calcium (mg)
Dairy Products	Low fat yogurt	1 cup	350-400
	Milk	1 cup	250-300
	Cheese	1 slice	150-200
	Pudding	½ cup	55-140
	Ice milk, ice cream, frozen yogurt	½ cup	80-110
Proteins	Tofu (made with calcium sulfate)	4 oz.	350-400
	Sardine or salmon tin (with bones)	3 oz.	325-400
	Almonds	1 oz.	75-100
	Sesame seeds	1 tbsp	88
	Cooked garbanzo beans	1 ½ cups	120
Vegetables*	Kale	1 cup	101
	Bok Choy	1 cup	160
	Collards (boiled)	1 cup	268
	Broccoli	½ cup	20-35
Other Foods	Vegetable lasagna	1 piece	350-450
	Dried figs	8 pieces	120
	Mineral water (Gerolsteiner)	8 oz.	345
	Fortified products	Varies	Varies

زخم بھرنے میں پروٹین کا کردار سب سے نمایاں ہے۔ امریکن تحقیق کے مطابق مریض کے جسمانی وزن کو 0.36 سے ضرب دے کر روزانہ پروٹین کی مطلوبہ مقدار معلوم کی جا سکتی ہے۔






اگر آپ کا معالج آپ کو مشورہ دے تو وٹامن اور
کیلشیم کے سپلیمنٹس بھی لئے جاسکتے ہیں۔

سرجری سے مریض کی حرکت محدود
ہو جاتی ہے مگر پھر بھی معالج سے
مشورہ کر کے مناسب سی ورزش
ضرور کرنی چاہیے۔
Flexion
Extension
Radial Deviation
Ulnar Deviation
Pronation
Supination

کوئی سوال؟

شکریہ!

ذاتیات، غذائیات، حیوانیات، ماحولیات، سیاسیات، مزاحیات اور ادبیات پر مبنی ایک بے مثال فکری مسافت

فکرِ سلطان

ڈاکٹر سلطان محمود

2

سیریز دوم: غذا اور صحت

فکرِ سلطان

ECOCARE Consultancy Services (Pvt) Ltd.

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ڈاکٹر سلطان محمود نے سائنسی انداز میں تحریکی کارکن بن کر غذائی تحفظ کی عالمی خود مختار تحریک کو مقامی رہنما کے طور پر پاکستان میں ایک غیر معمولی موڑ دیا ہے جس کے نتیجے میں ان کے افکار اور عملی جدوجہد نے 'فکر سلطان' جیسی ایک طاقتور دستاویزی سیریز جنم دی ہے۔ اس میں وہ اپنی آدھی صدی کی شبانہ روز کوشش کو شاندار کہانی کے طور پر بیان کرتے ہوئے اہم معلومات سے بھری وہ تاریخ بھی بیان کر رہے ہیں جو ملک عزیز کے غیر مستحکم حالات کے باوجود مقامی اور نچلی سطح کے مسائل کو قومی اور عالمی سطح پر کچھ اس انداز سے اٹھا لے جاتے ہیں کہ جہاں وہ حیاتیاتی تنوع یا بائیوڈائیورسٹی کی ہئیت تبدیل کئے بغیر کارپوریٹ تسلط کے ساتھ جنگ کرتے نظر آتے ہیں۔ یہاں یہ بھی واضح ہو جاتا ہے کہ ڈویلپمنٹ مافیا کے خلاف کس طرح نچلی سطح کی لڑائی کو اٹھا کر قومی اور عالمی سطح پر لے جایا جاتا ہے۔ ان کی یہ سوچ بھی قابل داد ہے کہ دنیا بھر میں مقامی سطح کی کمیونٹی ہمیشہ مقدس اور خود مختار ہونی چاہیئے تا کہ وہ اپنے علم اور حقوق کو حاصل کر کے مستقبل کی دنیا کی حقیقی کہانی کا نقشہ ترتیب دے سکے۔

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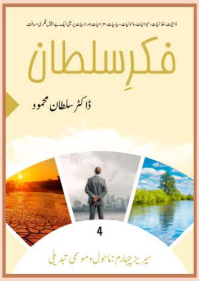
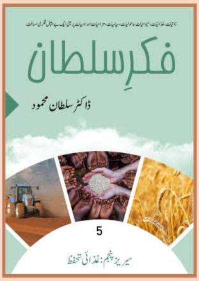
ڈاکٹر سلطان محمود

مفکر، محقق اور نقاد

"فکرِ سلطان" کی تمام سیریز آفیشل ویب پر موجود ہیں

ذاتیات، غذائیات، حیوانیات، ماحولیات، سیاسیات، مزاحیات اور ادبیات پر مبنی ایک بے مثال فکری مسافت





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